



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Erasmus, Detlef

☐☐: LT SC Bad Münders

☐☐: 194

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M55 (55-59 Jahre)

☐☐☐: 23:53:03

☐☐: 6.74 km/h

☐☐☐☐: 8:51 min/km

☐☐☐☐☐/☐☐☐☐: 106 (of 296)

☐☐☐☐☐/☐: 94 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 9(of 32)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:49	6:28	14	9:36	120	6.93	44:49	6:28	14	9:36	120	12:33
VP2 - Laufftreff Li	5.70	36:46	6:27	13	6:35	107	12.63	1:21:35	6:27	13	16:11	110	23:23
VP3 - Oranienbur	5.47	36:04	6:35	14	7:23	128	18.10	1:57:39	6:30	14	23:34	117	35:40
VP4 - Naturschut	4.97	36:09	7:16	12	7:45	122	23.07	2:33:48	6:40	14	31:19	115	48:40
VP5 - Frohnau	6.80	46:08	6:47	12	9:41	126	29.87	3:19:56	6:41	13	41:00	113	1:04:24
VP6 - Ruderclub	4.06	34:31	8:30	16	11:09	149	33.93	3:54:27	6:54	13	52:09	120	1:20:26
VP7 - Grenzturm	4.75	32:57	6:56	10	6:28	95	38.68	4:27:24	6:54	13	58:37	117	1:32:35
VP8 - Schönwald	7.53	55:36	7:23	9	12:54	97	46.21	5:23:00	6:59	12	1:11:31	115	1:52:35
VP9 - Falkenseer	5.69	46:41	8:12	11	12:57	121	51.90	6:09:41	7:07	12	1:24:28	114	2:12:08
VP10 - Karolinenl	6.60	1:01:35	9:19	17	23:21	163	58.50	7:11:16	7:22	11	1:47:49	120	2:43:34
VP11 - Pagel & Fi	4.90	59:43	12:11	25	27:17	216	63.40	8:10:59	7:44	13	2:14:48	136	3:20:32
VP12 - Schloss S	7.62	1:17:31	10:10	15	31:46	139	71.02	9:28:30	8:00	11	2:46:34	134	4:02:16
VP13 - Revierförs	6.21	53:40	8:38	12	12:10	108	77.23	10:22:10	8:03	11	2:58:44	128	4:26:16
VP14 - Brauhaus	6.00	50:15	8:22	9	11:03	77	83.23	11:12:25	8:04	11	3:09:47	122	4:46:59
VP15 - Gedenkst.	6.90	1:03:19	9:10	12	20:09	117	90.13	12:15:44	8:09	11	3:29:47	121	5:15:35
VP16 - Königswe	6.87	1:01:36	8:57	8	16:39	79	97.00	13:17:20	8:13	11	3:42:13	119	5:43:27
VP17 - Sportplatz	6.20	1:26:31	13:57	21	43:38	168	103.20	14:43:51	8:33	10	4:24:04	121	6:38:21
VP18 - Osdorfer	6.49	57:43	8:53	8	17:44	78	109.69	15:41:34	8:35	10	4:41:48	120	7:02:07
VP19 - Lichtenra	5.71	50:31	8:50	7	13:52	76	115.40	16:32:05	8:35	10	4:55:40	114	7:23:19
VP20 - Kirchhain	4.35	41:53	9:37	8	13:45	62	119.75	17:13:58	8:38	11	5:09:25	115	7:40:54
VP21 - Buckow	6.15	1:02:40	10:11	10	21:41	93	125.90	18:16:38	8:42	11	5:31:06	112	8:08:34
VP22 - Rudow	4.97	45:59	9:15	4	13:32	40	130.87	19:02:37	8:43	11	5:44:38	111	8:25:54
VP23 - Johannistl	5.89	55:43	9:27	7	17:53	61	136.76	19:58:20	8:45	11	6:02:31	106	8:47:56
VP24 - Dammwe	5.64	55:44	9:52	6	19:43	66	142.40	20:54:04	8:48	10	6:22:14	102	9:11:38
VP25 - Eas Side	6.33	1:03:15	9:59	6	17:39	62	148.73	21:57:19	8:51	9	6:39:31	98	9:34:49
VP26 - Checkpoir	4.22	39:37	9:23	3	12:18	56	152.95	22:36:56	8:52	9	6:38:36	98	9:50:22
VP27 - Gedenkst.	4.12	35:37	8:38	3	3:42	24	157.07	23:12:33	8:51	9	6:42:18	95	9:59:35
Friedrich-Ludwig	4.78	40:30	8:28	4	12:57	55	161.85	23:53:03	8:51	9	6:53:32	94	10:12:52