



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Kühnen, Claudia

☐☐: Ausdauerschule by bunert

☐☐: 65

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W45 (45-49 Jahre)

☐☐☐: 24:22:53

☐☐: 6.60 km/h

☐☐☐☐: 9:02 min/km

☐☐☐☐☐/☐☐☐☐: 108 (of 296)

☐☐☐☐☐/☐: 13 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 4(of 12)

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