



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Renkl, Peter

☐☐: DUV

☐☐: 326

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 24:23:40

☐☐: 6.60 km/h

☐☐☐☐: 9:02 min/km

☐☐☐☐☐/☐☐☐☐: 110 (of 296)

☐☐☐☐☐/☐: 97 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 24(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:54	6:46	37	14:38	168	14:38	6.93	46:54	6:46	37	14:38	168	14:38
VP2 - Laufftreff Li	5.70	40:01	7:01	41	14:05	181	14:05	12.63	1:26:55	6:52	39	28:42	171	28:43
VP3 - Oranienbur	5.47	36:18	6:38	33	12:32	136	12:32	18.10	2:03:13	6:48	38	41:14	163	41:14
VP4 - Naturschut	4.97	35:59	7:14	29	12:50	119	12:50	23.07	2:39:12	6:54	34	54:04	146	54:04
VP5 - Frohnau	6.80	45:51	6:44	28	15:25	118	15:33	29.87	3:25:03	6:51	34	1:09:29	144	1:09:31
VP6 - Ruderclub	4.06	30:38	7:32	22	12:08	97	12:09	33.93	3:55:41	6:56	31	1:21:37	129	1:21:40
VP7 - Grenzturm	4.75	33:39	7:05	27	11:21	111	12:51	38.68	4:29:20	6:57	30	1:32:58	125	1:34:31
VP8 - Schönwald	7.53	54:52	7:17	24	17:07	86	19:16	46.21	5:24:12	7:00	30	1:50:05	120	1:53:47
VP9 - Falkenseer	5.69	45:03	7:55	26	14:31	101	17:55	51.90	6:09:15	7:06	27	2:04:36	112	2:11:42
VP10 - Karolinenl	6.60	54:29	8:15	27	19:27	100	24:20	58.50	7:03:44	7:14	29	2:21:12	110	2:36:02
VP11 - Pagel & Fi	4.90	51:50	10:34	40	25:08	176	29:05	63.40	7:55:34	7:30	29	2:46:11	111	3:05:07
VP12 - Schloss S	7.62	1:12:50	9:33	29	29:24	115	37:03	71.02	9:08:24	7:43	30	3:15:26	116	3:42:10
VP13 - Revierförs	6.21	57:40	9:17	38	22:26	150	28:00	77.23	10:06:04	7:50	30	3:36:23	112	4:10:10
VP14 - Brauhaus	6.00	57:05	9:30	33	22:53	146	27:33	83.23	11:03:09	7:58	30	3:55:33	118	4:37:43
VP15 - Gedenkst.	6.90	1:02:09	9:00	28	26:01	110	27:26	90.13	12:05:18	8:02	30	4:11:42	117	5:05:09
VP16 - Königswe	6.87	1:08:42	10:00	35	23:53	142	34:58	97.00	13:14:00	8:11	30	4:32:07	116	5:40:07
VP17 - Sportplatz	6.20	54:52	8:50	13	20:16	40	23:15	103.20	14:08:52	8:13	27	4:49:52	100	6:03:22
VP18 - Osdorfer	6.49	1:32:13	14:12	41	48:57	193	58:16	109.69	15:41:05	8:34	31	5:38:49	119	7:01:38
VP19 - Lichtenra	5.71	53:12	9:19	26	18:09	93	23:53	115.40	16:34:17	8:36	30	5:52:41	119	7:25:31
VP20 - Kirchhain	4.35	41:11	9:28	16	11:31	54	16:53	119.75	17:15:28	8:38	30	6:04:12	118	7:42:24
VP21 - Buckow	6.15	44:34	7:14	6	6:12	17	9:34	125.90	18:00:02	8:34	26	6:07:00	96	7:51:58
VP22 - Rudow	4.97	47:30	9:33	13	17:11	54	26:07	130.87	18:47:32	8:36	26	6:12:45	96	8:10:49
VP23 - Johannistl	5.89	58:20	9:54	19	21:29	78	24:39	136.76	19:45:52	8:40	25	6:32:47	95	8:35:28
VP24 - Dammwe	5.64	56:48	10:04	20	25:07	70	25:07	142.40	20:42:40	8:43	25	6:57:54	91	9:00:14
VP25 - Eas Side	6.33	1:04:53	10:15	19	27:33	72	27:33	148.73	21:47:33	8:47	25	7:25:27	91	9:25:03
VP26 - Checkpoir	4.22	43:44	10:21	23	20:51	98	20:51	152.95	22:31:17	8:50	25	7:46:18	95	9:44:43
VP27 - Gedenkst.	4.12	54:39	13:15	31	29:56	143	29:56	157.07	23:25:56	8:57	25	8:16:14	98	10:12:58
Friedrich-Ludwig	4.78	57:44	12:04	37	33:21	159	33:21	161.85	24:23:40	9:02	24	8:49:35	97	10:43:29