



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Thiel, Sebastian

☐☐☐: 24:23:35

☐☐: Berlin

☐☐: 6.60 km/h

☐☐: 123

☐☐☐☐: 9:02 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 109 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 96 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 17(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	43:56	6:20	21	11:17	104	11:40	6.93	43:56	6:20	21	11:17	104	11:40
VP2 - Laufftreff Li	5.70	36:18	6:22	22	8:47	100	10:22	12.63	1:20:14	6:21	22	20:04	101	22:02
VP3 - Oranienbur	5.47	35:32	6:29	22	10:34	114	11:46	18.10	1:55:46	6:23	22	30:38	107	33:47
VP4 - Naturschut	4.97	36:36	7:21	24	10:58	133	13:27	23.07	2:32:22	6:36	22	41:36	107	47:14
VP5 - Frohnau	6.80	47:11	6:56	26	15:13	141	16:53	29.87	3:19:33	6:40	21	56:49	110	1:04:01
VP6 - Ruderclub	4.06	29:21	7:13	16	9:42	83	10:52	33.93	3:48:54	6:44	21	1:06:31	104	1:14:53
VP7 - Grenzturm	4.75	33:44	7:06	21	11:06	112	12:56	38.68	4:22:38	6:47	21	1:17:37	101	1:27:49
VP8 - Schönwald	7.53	56:45	7:32	20	19:00	112	21:09	46.21	5:19:23	6:54	21	1:36:37	102	1:48:58
VP9 - Falkenseer	5.69	44:11	7:45	17	14:02	95	17:03	51.90	6:03:34	7:00	19	1:50:39	98	2:06:01
VP10 - Karolinenl	6.60	50:50	7:42	13	16:18	72	20:41	58.50	6:54:24	7:05	19	2:06:57	95	2:26:42
VP11 - Pagel & Fi	4.90	39:32	8:04	12	12:19	66	16:47	63.40	7:33:56	7:09	18	2:19:16	92	2:43:29
VP12 - Schloss S	7.62	1:03:08	8:17	11	19:21	55	27:21	71.02	8:37:04	7:16	17	2:38:37	82	3:10:50
VP13 - Revierförs	6.21	56:26	9:05	22	19:08	136	26:46	77.23	9:33:30	7:25	17	2:57:45	83	3:37:36
VP14 - Brauhaus	6.00	54:10	9:01	22	16:48	122	24:38	83.23	10:27:40	7:32	18	3:14:33	84	4:02:14
VP15 - Gedenkst.	6.90	57:15	8:17	13	17:21	74	22:32	90.13	11:24:55	7:35	17	3:31:54	85	4:24:46
VP16 - Königswe	6.87	1:17:59	11:21	30	37:10	181	44:15	97.00	12:42:54	7:51	18	4:09:04	91	5:09:01
VP17 - Sportplatz	6.20	54:26	8:46	6	15:14	37	22:49	103.20	13:37:20	7:55	15	4:24:18	82	5:31:50
VP18 - Osdorfer	6.49	1:02:33	9:38	18	21:31	109	28:36	109.69	14:39:53	8:01	15	4:45:49	81	6:00:26
VP19 - Lichtenrav	5.71	59:11	10:21	21	24:05	131	29:52	115.40	15:39:04	8:08	17	5:09:01	87	6:30:18
VP20 - Kirchhain	4.35	47:06	10:49	17	19:26	102	22:48	119.75	16:26:10	8:14	17	5:25:39	87	6:53:06
VP21 - Buckow	6.15	1:08:25	11:07	19	30:06	121	33:25	125.90	17:34:35	8:22	17	5:53:47	89	7:26:31
VP22 - Rudow	4.97	1:00:46	12:13	20	30:17	142	39:23	130.87	18:35:21	8:31	17	6:22:01	92	7:58:38
VP23 - Johannistl	5.89	1:06:30	11:17	18	29:11	114	32:49	136.76	19:41:51	8:38	16	6:50:03	93	8:31:27
VP24 - Dammwe	5.64	1:09:22	12:17	23	33:26	142	37:41	142.40	20:51:13	8:47	17	7:21:36	98	9:08:47
VP25 - Eas Side	6.33	1:12:46	11:29	17	30:22	106	35:26	148.73	22:03:59	8:54	17	7:51:12	100	9:41:29
VP26 - Checkpoir	4.22	44:34	10:33	14	19:32	106	21:41	152.95	22:48:33	8:56	17	8:07:34	100	10:01:59
VP27 - Gedenkst.	4.12	47:37	11:33	13	21:45	97	22:54	157.07	23:36:10	9:00	17	8:29:19	99	10:23:12
Friedrich-Ludwig	4.78	47:25	9:55	16	19:13	103	23:02	161.85	24:23:35	9:02	17	8:48:32	96	10:43:24