



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Lange, Torsten

☐☐☐: 24:25:18

☐☐: DUV/TEA

☐☐: 6.59 km/h

☐☐: 224

☐☐☐☐: 9:03 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 111 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 98 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 25(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	40:18	5:48	12	8:02	54	8:02	6.93	40:18	5:48	12	8:02	54	8:02
VP2 - Laufftreff Li	5.70	33:00	5:47	14	7:04	54	7:04	12.63	1:13:18	5:48	12	15:05	53	15:06
VP3 - Oranienbur	5.47	31:41	5:47	11	7:55	53	7:55	18.10	1:44:59	5:48	10	23:00	48	23:00
VP4 - Naturschut	4.97	30:50	6:12	8	7:41	43	7:41	23.07	2:15:49	5:53	10	30:41	44	30:41
VP5 - Frohnau	6.80	40:56	6:01	15	10:30	56	10:38	29.87	2:56:45	5:55	11	41:11	49	41:13
VP6 - Ruderclub	4.06	28:41	7:03	18	10:11	73	10:12	33.93	3:25:26	6:03	11	51:22	47	51:25
VP7 - Grenzturm	4.75	30:05	6:19	17	7:47	60	9:17	38.68	3:55:31	6:05	12	59:09	50	1:00:42
VP8 - Schönwald	7.53	53:26	7:05	19	15:41	74	17:50	46.21	4:48:57	6:15	13	1:14:50	56	1:18:32
VP9 - Falkenseer	5.69	48:02	8:26	31	17:30	135	20:54	51.90	5:36:59	6:29	16	1:32:20	66	1:39:26
VP10 - Karolinenl	6.60	56:41	8:35	34	21:39	121	26:32	58.50	6:33:40	6:43	17	1:51:08	67	2:05:58
VP11 - Pagel & Fi	4.90	38:28	7:51	17	11:46	63	15:43	63.40	7:12:08	6:48	17	2:02:45	62	2:21:41
VP12 - Schloss S	7.62	1:01:48	8:06	14	18:22	53	26:01	71.02	8:13:56	6:57	15	2:20:58	60	2:47:42
VP13 - Revierförs	6.21	49:04	7:54	18	13:50	61	19:24	77.23	9:03:00	7:01	15	2:33:19	57	3:07:06
VP14 - Brauhaus	6.00	49:49	8:18	22	15:37	73	20:17	83.23	9:52:49	7:07	15	2:45:13	57	3:27:23
VP15 - Gedenkst.	6.90	1:03:11	9:09	30	27:03	116	28:28	90.13	10:56:00	7:16	18	3:02:24	63	3:55:51
VP16 - Königswe	6.87	1:01:02	8:53	20	16:13	75	27:18	97.00	11:57:02	7:23	18	3:15:09	62	4:23:09
VP17 - Sportplatz	6.20	56:04	9:02	16	21:28	49	24:27	103.20	12:53:06	7:29	16	3:34:06	56	4:47:36
VP18 - Osdorfer	6.49	59:56	9:14	25	16:40	95	25:59	109.69	13:53:02	7:35	17	3:50:46	57	5:13:35
VP19 - Lichtenra	5.71	48:01	8:24	18	12:58	58	18:42	115.40	14:41:03	7:38	17	3:59:27	59	5:32:17
VP20 - Kirchhain	4.35	46:17	10:38	25	16:37	91	21:59	119.75	15:27:20	7:44	18	4:16:04	60	5:54:16
VP21 - Buckow	6.15	1:09:07	11:14	30	30:45	127	34:07	125.90	16:36:27	7:54	18	4:43:25	63	6:28:23
VP22 - Rudow	4.97	1:04:51	13:02	36	34:32	161	43:28	130.87	17:41:18	8:06	18	5:06:31	68	7:04:35
VP23 - Johannistl	5.89	1:13:27	12:28	34	36:36	144	39:46	136.76	18:54:45	8:17	21	5:41:40	72	7:44:21
VP24 - Dammwe	5.64	1:10:13	12:26	34	38:32	147	38:32	142.40	20:04:58	8:27	21	6:20:12	73	8:22:32
VP25 - Eas Side	6.33	1:29:51	14:11	38	52:31	169	52:31	148.73	21:34:49	8:42	23	7:12:43	85	9:12:19
VP26 - Checkpoir	4.22	52:45	12:30	37	29:52	158	29:52	152.95	22:27:34	8:48	24	7:42:35	92	9:41:00
VP27 - Gedenkst.	4.12	56:26	13:41	34	31:43	149	31:43	157.07	23:24:00	8:56	24	8:14:18	96	10:11:02
Friedrich-Ludwig	4.78	1:01:18	12:49	39	36:55	167	36:55	161.85	24:25:18	9:03	25	8:51:13	98	10:45:07