



100MeilenBerlin Der Mauerweglauf Berlin / 15.08.2015

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Lehmann, Jürgen

00: SCU Emlichheim
00: 331

00: 161.85 km
100MeilenBerlin

0000:
Senioren M60 (60-64 Jahre)

000: 24:38:49

00: 6.53 km/h
0000: 9:08 min/km

00000/0000: 113 (of 296)

00000/0: 100 (of 247)

000000: 13:40:11

00000: 5(of 15)

0000000: 22:52:46

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
VP1 - S-Bahnhof	6.93	47:22	6:50	11	6:10	176	15:06	6.93	47:22	6:50	11	6:10	176	15:06
VP2 - Laufftreff Li	5.70	41:24	7:15	11	7:58	198	15:28	12.63	1:28:46	7:01	12	14:08	191	30:34
VP3 - Oranienbur	5.47	39:02	7:08	7	7:30	179	15:16	18.10	2:07:48	7:03	10	21:38	183	45:49
VP4 - Naturschut	4.97	39:34	7:57	9	6:40	177	16:25	23.07	2:47:22	7:15	11	28:18	183	1:02:14
VP5 - Frohnau	6.80	50:46	7:27	8	10:33	180	20:28	29.87	3:38:08	7:18	10	38:51	178	1:22:36
VP6 - Ruderclub	4.06	33:34	8:16	5	5:03	131	15:05	33.93	4:11:42	7:25	6	43:54	168	1:37:41
VP7 - Grenzturm	4.75	37:29	7:53	7	8:03	175	16:41	38.68	4:49:11	7:28	5	51:57	169	1:54:22
VP8 - Schönwald	7.53	1:04:56	8:37	10	14:32	183	29:20	46.21	5:54:07	7:39	7	1:06:29	172	2:23:42
VP9 - Falkenseer	5.69	53:11	9:20	9	13:50	180	26:03	51.90	6:47:18	7:50	8	1:20:19	173	2:49:45
VP10 - Karolinenl	6.60	1:01:31	9:19	7	9:58	162	31:22	58.50	7:48:49	8:00	8	1:30:17	170	3:21:07
VP11 - Pagel & Fi	4.90	45:02	9:11	6	8:04	114	22:17	63.40	8:33:51	8:06	7	1:36:13	162	3:43:24
VP12 - Schloss S	7.62	1:09:00	9:03	4	7:25	93	33:13	71.02	9:42:51	8:12	7	1:14:24	145	4:16:37
VP13 - Revierförs	6.21	53:44	8:39	4	2:33	109	24:04	77.23	10:36:35	8:14	7	1:09:14	143	4:40:41
VP14 - Brauhaus	6.00	1:00:59	10:09	10	15:41	165	31:27	83.23	11:37:34	8:22	7	1:05:17	142	5:12:08
VP15 - Gedenkst.	6.90	1:04:40	9:22	7	12:25	126	29:57	90.13	12:42:14	8:27	7	1:13:14	142	5:42:05
VP16 - Königswe	6.87	1:05:13	9:29	5	11:34	118	31:29	97.00	13:47:27	8:31	7	1:11:08	134	6:13:34
VP17 - Sportplatz	6.20	1:25:01	13:42	13	21:00	163	53:24	103.20	15:12:28	8:50	7	1:25:07	144	7:06:58
VP18 - Osdorfer	6.49	55:31	8:33	4	7:13	60	21:34	109.69	16:07:59	8:49	7	1:28:42	132	7:28:32
VP19 - Lichtenra	5.71	49:51	8:43	3	10:37	69	20:32	115.40	16:57:50	8:49	6	1:33:06	127	7:49:04
VP20 - Kirchhain	4.35	47:33	10:55	4	14:11	103	23:15	119.75	17:45:23	8:53	6	1:47:17	124	8:12:19
VP21 - Buckow	6.15	56:15	9:08	3	1:11	57	21:15	125.90	18:41:38	8:54	6	1:32:15	120	8:33:34
VP22 - Rudow	4.97	45:23	9:07	2	24:00	38	24:00	130.87	19:27:01	8:55	6	1:48:52	118	8:50:18
VP23 - Johannistl	5.89	52:46	8:57	1	-	41	19:05	136.76	20:19:47	8:55	6	1:37:12	113	9:09:23
VP24 - Dammwe	5.64	57:15	10:09	3	8:19	78	25:34	142.40	21:17:02	8:58	6	1:26:57	108	9:34:36
VP25 - Eas Side	6.33	1:06:03	10:26	4	8:00	76	28:43	148.73	22:23:05	9:01	5	1:33:09	104	10:00:35
VP26 - Checkpoir	4.22	43:23	10:16	8	6:56	96	20:30	152.95	23:06:28	9:03	5	1:40:05	103	10:19:54
VP27 - Gedenkst.	4.12	43:57	10:40	7	9:56	70	19:14	157.07	23:50:25	9:06	5	1:35:09	100	10:37:27
Friedrich-Ludwig	4.78	48:24	10:07	8	19:44	107	24:01	161.85	24:38:49	9:08	5	1:46:03	100	10:58:38