



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Messerer, Margit

☐☐☐: 24:54:08

☐☐: LG Passau

☐☐: 6.47 km/h

☐☐: 301

☐☐☐☐: 9:14 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 116 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 14 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 5(of 12)

Seniorinnen W45 (45-49 Jahre)

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