



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Glogger, Bertram

☐☐☐: 24:58:01

☐☐: DUV

☐☐: 6.45 km/h

☐☐: 187

☐☐☐☐: 9:16 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 118 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 104 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 10(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	43:33	6:17	12	8:20	96	6.93	43:33	6:17	12	8:20	96	11:17
VP2 - Laufftreff Li	5.70	36:32	6:24	12	6:21	102	12.63	1:20:05	6:20	12	14:41	100	21:53
VP3 - Oranienbur	5.47	33:25	6:06	10	4:44	83	18.10	1:53:30	6:16	12	19:25	96	31:31
VP4 - Naturschut	4.97	33:02	6:38	7	4:38	76	23.07	2:26:32	6:21	11	24:03	92	41:24
VP5 - Frohnau	6.80	41:48	6:08	7	5:21	66	29.87	3:08:20	6:18	10	29:24	88	52:48
VP6 - Ruderclub	4.06	28:57	7:07	8	5:35	79	33.93	3:37:17	6:24	10	34:59	83	1:03:16
VP7 - Grenzturm	4.75	31:36	6:39	8	5:07	74	38.68	4:08:53	6:26	10	40:06	80	1:14:04
VP8 - Schönwald	7.53	1:02:07	8:14	14	19:25	154	46.21	5:11:00	6:43	9	59:31	87	1:40:35
VP9 - Falkenseer	5.69	37:17	6:33	3	3:33	34	51.90	5:48:17	6:42	9	1:03:04	76	1:50:44
VP10 - Karolinenl	6.60	48:54	7:24	6	10:40	60	58.50	6:37:11	6:47	9	1:13:44	78	2:09:29
VP11 - Pagel & Fi	4.90	45:23	9:15	13	12:57	117	63.40	7:22:34	6:58	8	1:26:23	74	2:32:07
VP12 - Schloss S	7.62	1:04:28	8:27	8	18:43	64	71.02	8:27:02	7:08	8	1:45:06	68	3:00:48
VP13 - Revierförs	6.21	51:06	8:13	9	9:36	81	77.23	9:18:08	7:13	8	1:54:42	69	3:22:14
VP14 - Brauhaus	6.00	49:05	8:10	7	9:53	61	83.23	10:07:13	7:17	8	2:04:35	66	3:41:47
VP15 - Gedenkst.	6.90	1:00:40	8:47	11	17:30	101	90.13	11:07:53	7:24	8	2:21:56	69	4:07:44
VP16 - Königswe	6.87	1:02:52	9:09	10	17:55	94	97.00	12:10:45	7:32	8	2:35:38	66	4:36:52
VP17 - Sportplatz	6.20	1:02:18	10:02	8	19:25	69	103.20	13:13:03	7:41	8	2:53:16	66	5:07:33
VP18 - Osdorfer	6.49	57:59	8:56	9	18:00	80	109.69	14:11:02	7:45	8	3:11:16	65	5:31:35
VP19 - Lichtenra	5.71	55:26	9:42	14	18:47	109	115.40	15:06:28	7:51	8	3:30:03	67	5:57:42
VP20 - Kirchhain	4.35	52:11	11:59	13	24:03	131	119.75	15:58:39	8:00	8	3:54:06	73	6:25:35
VP21 - Buckow	6.15	1:04:47	10:32	12	23:48	100	125.90	17:03:26	8:07	8	4:17:54	73	6:55:22
VP22 - Rudow	4.97	1:00:24	12:09	15	27:57	139	130.87	18:03:50	8:16	8	4:45:51	80	7:27:07
VP23 - Johannistl	5.89	1:12:18	12:16	14	34:28	138	136.76	19:16:08	8:27	8	5:20:19	81	8:05:44
VP24 - Dammwe	5.64	1:18:10	13:51	19	42:09	174	142.40	20:34:18	8:40	9	6:02:28	88	8:51:52
VP25 - Eas Side	6.33	1:32:15	14:34	19	46:39	174	148.73	22:06:33	8:55	10	6:48:45	101	9:44:03
VP26 - Checkpoir	4.22	54:55	13:00	19	27:36	167	152.95	23:01:28	9:01	10	7:03:08	102	10:14:54
VP27 - Gedenkst.	4.12	1:01:35	14:56	18	29:40	166	157.07	24:03:03	9:11	10	7:32:48	102	10:50:05
Friedrich-Ludwig	4.78	54:58	11:29	15	27:25	148	161.85	24:58:01	9:15	10	7:58:30	104	11:17:50