



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Waubke, Andreas

☐☐☐: 25:03:08

☐☐: Lauftreff Wedel e.V.

☐☐: 6.43 km/h

☐☐: 164

☐☐☐☐: 9:17 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 119 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 105 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 29(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:04	6:21	26	11:48	108	6.93	44:04	6:21	26	11:48	108	11:48
VP2 - Lauftreff Li	5.70	36:19	6:22	25	10:23	101	12.63	1:20:23	6:21	25	22:10	104	22:11
VP3 - Oranienbur	5.47	34:38	6:19	20	10:52	96	18.10	1:55:01	6:21	25	33:02	101	33:02
VP4 - Naturschut	4.97	34:04	6:51	22	10:55	86	23.07	2:29:05	6:27	23	43:57	96	43:57
VP5 - Frohnau	6.80	43:39	6:25	21	13:13	92	29.87	3:12:44	6:27	22	57:10	93	57:12
VP6 - Ruderclub	4.06	35:40	8:47	36	17:10	159	33.93	3:48:24	6:43	24	1:14:20	100	1:14:23
VP7 - Grenzturm	4.75	32:03	6:44	20	9:45	80	38.68	4:20:27	6:44	23	1:24:05	96	1:25:38
VP8 - Schönwald	7.53	55:21	7:21	27	17:36	90	46.21	5:15:48	6:50	23	1:41:41	94	1:45:23
VP9 - Falkenseer	5.69	42:53	7:32	19	12:21	77	51.90	5:58:41	6:54	23	1:54:02	91	2:01:08
VP10 - Karolinenl	6.60	52:09	7:54	24	17:07	87	58.50	6:50:50	7:01	23	2:08:18	90	2:23:08
VP11 - Pagel & Fi	4.90	40:05	8:10	19	13:23	74	63.40	7:30:55	7:06	21	2:21:32	84	2:40:28
VP12 - Schloss S	7.62	1:15:21	9:53	33	31:55	125	71.02	8:46:16	7:24	23	2:53:18	87	3:20:02
VP13 - Revierförs	6.21	46:23	7:28	13	11:09	39	77.23	9:32:39	7:24	22	3:02:58	81	3:36:45
VP14 - Brauhaus	6.00	51:23	8:33	24	17:11	89	83.23	10:24:02	7:29	23	3:16:26	81	3:58:36
VP15 - Gedenkst.	6.90	52:58	7:40	12	16:50	46	90.13	11:17:00	7:30	20	3:23:24	76	4:16:51
VP16 - Königswe	6.87	1:03:10	9:11	26	18:21	97	97.00	12:20:10	7:37	22	3:38:17	78	4:46:17
VP17 - Sportplatz	6.20	49:48	8:01	9	15:12	25	103.20	13:09:58	7:39	20	3:50:58	65	5:04:28
VP18 - Osdorfer	6.49	1:28:04	13:34	40	44:48	191	109.69	14:38:02	8:00	23	4:35:46	79	5:58:35
VP19 - Lichtenrav	5.71	53:09	9:18	25	18:06	92	115.40	15:31:11	8:04	23	4:49:35	81	6:22:25
VP20 - Kirchhain	4.35	42:17	9:43	18	12:37	67	119.75	16:13:28	8:07	23	5:02:12	79	6:40:24
VP21 - Buckow	6.15	1:11:31	11:37	36	33:09	144	125.90	17:24:59	8:18	24	5:31:57	83	7:16:55
VP22 - Rudow	4.97	1:09:13	13:55	42	38:54	173	130.87	18:34:12	8:30	25	5:59:25	91	7:57:29
VP23 - Johannistl	5.89	1:13:45	12:31	35	36:54	148	136.76	19:47:57	8:41	26	6:34:52	96	8:37:33
VP24 - Dammwe	5.64	1:06:08	11:43	28	34:27	128	142.40	20:54:05	8:48	27	7:09:19	103	9:11:39
VP25 - Eas Side	6.33	1:12:37	11:28	27	35:17	105	148.73	22:06:42	8:55	26	7:44:36	102	9:44:12
VP26 - Checkpoir	4.22	54:38	12:56	38	31:45	166	152.95	23:01:20	9:01	26	8:16:21	101	10:14:46
VP27 - Gedenkst.	4.12	1:01:57	15:02	40	37:14	168	157.07	24:03:17	9:11	27	8:53:35	103	10:50:19
Friedrich-Ludwig	4.78	59:51	12:31	38	35:28	164	161.85	25:03:08	9:17	29	9:29:03	105	11:22:57