



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Roese, Stefan

☐☐☐: 25:25:45

☐☐: kein Verein

☐☐: 6.33 km/h

☐☐: 99

☐☐☐☐: 9:26 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 122 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 107 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 8(of 12)

Senioren M30 (30-34 Jahre)

☐☐☐☐☐☐☐: 18:26:45

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:04	6:21	5	11:28	108	6.93	44:04	6:21	5	11:28	108	11:48
VP2 - Lauftreff Li	5.70	38:29	6:45	8	11:19	150	12.63	1:22:33	6:32	7	22:47	126	24:21
VP3 - Oranienbur	5.47	35:18	6:27	6	9:20	107	18.10	1:57:51	6:30	7	32:07	120	35:52
VP4 - Naturschut	4.97	37:35	7:33	7	12:57	147	23.07	2:35:26	6:44	6	45:04	127	50:18
VP5 - Frohnau	6.80	45:55	6:45	7	10:54	121	29.87	3:21:21	6:44	6	55:44	126	1:05:49
VP6 - Ruderclub	4.06	27:25	6:45	3	5:09	53	33.93	3:48:46	6:44	6	1:00:53	102	1:14:45
VP7 - Grenzturm	4.75	36:42	7:43	9	11:57	169	38.68	4:25:28	6:51	5	1:06:42	110	1:30:39
VP8 - Schönwald	7.53	55:54	7:25	8	15:29	102	46.21	5:21:22	6:57	6	1:19:59	108	1:50:57
VP9 - Falkenseer	5.69	49:05	8:37	8	16:18	146	51.90	6:10:27	7:08	8	1:36:17	122	2:12:54
VP10 - Karolinenl	6.60	52:30	7:57	6	14:02	91	58.50	7:02:57	7:13	7	1:50:19	108	2:35:15
VP11 - Pagel & Fi	4.90	51:24	10:29	10	21:41	172	63.40	7:54:21	7:28	8	2:12:00	108	3:03:54
VP12 - Schloss S	7.62	1:05:17	8:34	4	12:09	69	71.02	8:59:38	7:35	7	2:24:09	102	3:33:24
VP13 - Revierförs	6.21	50:01	8:03	6	8:33	72	77.23	9:49:39	7:38	7	2:32:42	97	3:53:45
VP14 - Brauhaus	6.00	56:19	9:23	10	13:54	142	83.23	10:45:58	7:45	7	2:46:36	99	4:20:32
VP15 - Gedenkst.	6.90	1:00:39	8:47	5	14:51	99	90.13	11:46:37	7:50	7	3:01:27	100	4:46:28
VP16 - Königswe	6.87	1:10:43	10:17	10	22:52	150	97.00	12:57:20	8:00	7	3:19:44	106	5:23:27
VP17 - Sportplatz	6.20	1:31:34	14:46	10	48:16	181	103.20	14:28:54	8:25	8	4:08:00	118	6:23:24
VP18 - Osdorfer	6.49	1:01:42	9:30	6	20:41	102	109.69	15:30:36	8:29	8	4:24:32	114	6:51:09
VP19 - Lichtenrav	5.71	53:51	9:25	8	18:44	99	115.40	16:24:27	8:31	8	4:31:30	112	7:15:41
VP20 - Kirchhain	4.35	46:21	10:39	6	16:05	94	119.75	17:10:48	8:36	8	4:46:18	113	7:37:44
VP21 - Buckow	6.15	1:10:36	11:28	8	27:57	137	125.90	18:21:24	8:44	8	5:12:18	116	8:13:20
VP22 - Rudow	4.97	55:07	11:05	6	19:44	108	130.87	19:16:31	8:50	8	5:25:10	115	8:39:48
VP23 - Johannistl	5.89	1:08:30	11:37	6	21:42	123	136.76	20:25:01	8:57	8	5:38:24	115	9:14:37
VP24 - Dammwe	5.64	1:10:30	12:30	9	26:22	148	142.40	21:35:31	9:05	8	6:02:53	111	9:53:05
VP25 - Eas Side	6.33	1:36:51	15:18	10	42:51	177	148.73	23:12:22	9:21	8	6:45:44	114	10:49:52
VP26 - Checkpoir	4.22	37:13	8:49	4	3:51	36	152.95	23:49:35	9:20	8	6:42:34	112	11:03:01
VP27 - Gedenkst.	4.12	43:51	10:38	7	8:59	68	157.07	24:33:26	9:22	8	6:43:56	108	11:20:28
Friedrich-Ludwig	4.78	52:19	10:56	8	17:02	128	161.85	25:25:45	9:25	8	6:59:00	107	11:45:34