



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Fietkau, Mark

☐☐: LG Mauerweg

☐☐: 50

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 25:32:14

☐☐: 6.30 km/h

☐☐☐☐: 9:28 min/km

☐☐☐☐☐/☐☐☐☐: 123 (of 296)

☐☐☐☐☐/☐: 109 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 22(of 51)

☐☐☐☐☐☐☐: 18:03:51

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| ☐☐☐                 | ☐☐<br>km | ☐☐<br>☐☐ min/km | ☐☐<br>- | ☐☐<br>- | ☐☐<br>☐ | ☐☐<br>☐ | ☐☐☐<br>km | ☐☐☐<br>☐☐ min/km | ☐☐☐<br>- | ☐☐☐<br>- | ☐☐☐<br>☐ | ☐☐☐<br>☐ |          |
|---------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|----------|----------|----------|----------|
| VP1 - S-Bahnhof     | 6.93     | 45:22           | 6:32    | 25      | 12:04   | 131     | 6.93      | 45:22            | 6:32     | 25       | 12:04    | 131      | 13:06    |
| VP2 - Laufftreff Li | 5.70     | 37:34           | 6:35    | 26      | 9:55    | 130     | 12.63     | 1:22:56          | 6:33     | 27       | 21:59    | 132      | 24:44    |
| VP3 - Oranienbur    | 5.47     | 37:36           | 6:52    | 33      | 11:24   | 157     | 18.10     | 2:00:32          | 6:39     | 29       | 33:16    | 138      | 38:33    |
| VP4 - Naturschut    | 4.97     | 35:40           | 7:10    | 23      | 10:49   | 108     | 23.07     | 2:36:12          | 6:46     | 28       | 44:05    | 133      | 51:04    |
| VP5 - Frohnau       | 6.80     | 47:39           | 7:00    | 29      | 14:55   | 147     | 29.87     | 3:23:51          | 6:49     | 27       | 59:00    | 136      | 1:08:19  |
| VP6 - Ruderclub     | 4.06     | 31:16           | 7:42    | 24      | 9:47    | 107     | 33.93     | 3:55:07          | 6:55     | 26       | 1:08:47  | 124      | 1:21:06  |
| VP7 - Grenzturm     | 4.75     | 35:39           | 7:30    | 33      | 10:16   | 150     | 38.68     | 4:30:46          | 7:00     | 29       | 1:19:03  | 134      | 1:35:57  |
| VP8 - Schönwald     | 7.53     | 1:08:21         | 9:04    | 43      | 25:54   | 197     | 46.21     | 5:39:07          | 7:20     | 31       | 1:44:57  | 146      | 2:08:42  |
| VP9 - Falkenseer    | 5.69     | 1:00:20         | 10:36   | 49      | 26:30   | 217     | 51.90     | 6:39:27          | 7:41     | 37       | 2:11:27  | 164      | 2:41:54  |
| VP10 - Karolinenl   | 6.60     | 1:04:29         | 9:46    | 39      | 24:17   | 184     | 58.50     | 7:43:56          | 7:55     | 35       | 2:35:27  | 163      | 3:16:14  |
| VP11 - Pagel & Fi   | 4.90     | 44:22           | 9:03    | 22      | 14:15   | 107     | 63.40     | 8:28:18          | 8:01     | 29       | 2:47:58  | 151      | 3:37:51  |
| VP12 - Schloss S    | 7.62     | 1:28:24         | 11:36   | 38      | 40:11   | 183     | 71.02     | 9:56:42          | 8:24     | 30       | 3:28:09  | 157      | 4:30:28  |
| VP13 - Revierförs   | 6.21     | 1:01:19         | 9:52    | 37      | 20:30   | 176     | 77.23     | 10:58:01         | 8:31     | 31       | 3:48:29  | 163      | 5:02:07  |
| VP14 - Brauhaus     | 6.00     | 55:57           | 9:19    | 29      | 13:46   | 136     | 83.23     | 11:53:58         | 8:34     | 29       | 4:01:50  | 160      | 5:28:32  |
| VP15 - Gedenkst.    | 6.90     | 55:16           | 8:00    | 15      | 10:08   | 58      | 90.13     | 12:49:14         | 8:32     | 29       | 4:07:19  | 147      | 5:49:05  |
| VP16 - Königswe     | 6.87     | 1:08:39         | 9:59    | 29      | 19:57   | 141     | 97.00     | 13:57:53         | 8:38     | 29       | 4:27:16  | 147      | 6:24:00  |
| VP17 - Sportplatz   | 6.20     | 55:02           | 8:52    | 8       | 10:13   | 41      | 103.20    | 14:52:55         | 8:39     | 27       | 4:36:44  | 126      | 6:47:25  |
| VP18 - Osdorfer     | 6.49     | 1:43:18         | 15:55   | 42      | 56:57   | 199     | 109.69    | 16:36:13         | 9:04     | 29       | 5:31:40  | 146      | 7:56:46  |
| VP19 - Lichtenra    | 5.71     | 1:02:29         | 10:56   | 31      | 22:31   | 144     | 115.40    | 17:38:42         | 9:10     | 30       | 5:51:07  | 147      | 8:29:56  |
| VP20 - Kirchhain    | 4.35     | 49:58           | 11:29   | 23      | 18:41   | 119     | 119.75    | 18:28:40         | 9:15     | 29       | 6:05:25  | 143      | 8:55:36  |
| VP21 - Buckow       | 6.15     | 1:12:09         | 11:43   | 30      | 28:51   | 145     | 125.90    | 19:40:49         | 9:22     | 27       | 6:31:38  | 143      | 9:32:45  |
| VP22 - Rudow        | 4.97     | 51:10           | 10:17   | 19      | 13:49   | 76      | 130.87    | 20:31:59         | 9:24     | 25       | 6:40:52  | 133      | 9:55:16  |
| VP23 - Johannistl   | 5.89     | 1:02:50         | 10:40   | 26      | 17:08   | 100     | 136.76    | 21:34:49         | 9:28     | 25       | 6:56:16  | 129      | 10:24:25 |
| VP24 - Dammwe       | 5.64     | 1:15:39         | 13:24   | 36      | 35:08   | 168     | 142.40    | 22:50:28         | 9:37     | 25       | 7:21:30  | 126      | 11:08:02 |
| VP25 - Eas Side     | 6.33     | 1:00:03         | 9:29    | 9       | 12:07   | 45      | 148.73    | 23:50:31         | 9:37     | 24       | 7:27:45  | 123      | 11:28:01 |
| VP26 - Checkpoir    | 4.22     | 32:47           | 7:46    | 4       | 3:07    | 14      | 152.95    | 24:23:18         | 9:34     | 23       | 7:28:31  | 119      | 11:36:44 |
| VP27 - Gedenkst.    | 4.12     | 34:36           | 8:23    | 5       | 3:29    | 16      | 157.07    | 24:57:54         | 9:32     | 23       | 7:28:23  | 114      | 11:44:56 |
| Friedrich-Ludwig    | 4.78     | 34:20           | 7:10    | 4       | 6:22    | 22      | 161.85    | 25:32:14         | 9:28     | 22       | 7:28:23  | 109      | 11:52:03 |