



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Schindler, Michael

☐☐☐: 25:41:23

☐☐: TV Helmbrechts

☐☐: 6.27 km/h

☐☐: 215

☐☐☐☐: 9:31 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 127 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 112 (of 247)

☐☐☐☐:

☐☐☐☐☐☐: 13:40:11

Senioren M45 (45-49 Jahre)

☐☐☐☐☐: 31(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:14	6:22	29	11:58	112	6.93	44:14	6:22	29	11:58	112	11:58
VP2 - Laufftreff Li	5.70	37:38	6:36	32	11:42	133	12.63	1:21:52	6:28	28	23:39	115	23:40
VP3 - Oranienbur	5.47	36:39	6:42	36	12:53	145	18.10	1:58:31	6:32	31	36:32	125	36:32
VP4 - Naturschut	4.97	35:38	7:10	27	12:29	106	23.07	2:34:09	6:40	29	49:01	118	49:01
VP5 - Frohnau	6.80	45:55	6:45	30	15:29	121	29.87	3:20:04	6:41	28	1:04:30	115	1:04:32
VP6 - Ruderclub	4.06	29:30	7:15	21	11:00	85	33.93	3:49:34	6:45	27	1:15:30	110	1:15:33
VP7 - Grenzturm	4.75	33:57	7:08	29	11:39	115	38.68	4:23:31	6:48	26	1:27:09	105	1:28:42
VP8 - Schönwald	7.53	56:58	7:33	31	19:13	116	46.21	5:20:29	6:56	26	1:46:22	105	1:50:04
VP9 - Falkenseer	5.69	49:51	8:45	36	19:19	155	51.90	6:10:20	7:08	30	2:05:41	120	2:12:47
VP10 - Karolinenl	6.60	1:03:46	9:39	39	28:44	178	58.50	7:14:06	7:25	32	2:31:34	127	2:46:24
VP11 - Pagel & Fi	4.90	56:02	11:26	43	29:20	201	63.40	8:10:08	7:43	32	3:00:45	135	3:19:41
VP12 - Schloss S	7.62	1:11:23	9:22	27	27:57	108	71.02	9:21:31	7:54	31	3:28:33	127	3:55:17
VP13 - Revierförs	6.21	57:34	9:16	37	22:20	148	77.23	10:19:05	8:00	31	3:49:24	125	4:23:11
VP14 - Brauhaus	6.00	56:16	9:22	30	22:04	140	83.23	11:15:21	8:06	31	4:07:45	126	4:49:55
VP15 - Gedenkst.	6.90	1:20:35	11:40	41	44:27	201	90.13	12:35:56	8:23	34	4:42:20	135	5:35:47
VP16 - Königswe	6.87	1:05:42	9:33	31	20:53	122	97.00	13:41:38	8:28	34	4:59:45	130	6:07:45
VP17 - Sportplatz	6.20	1:07:53	10:56	25	33:17	90	103.20	14:49:31	8:37	33	5:30:31	125	6:44:01
VP18 - Osdorfer	6.49	1:03:49	9:49	29	20:33	115	109.69	15:53:20	8:41	34	5:51:04	127	7:13:53
VP19 - Lichtenrav	5.71	1:05:13	11:25	36	30:10	166	115.40	16:58:33	8:49	34	6:16:57	128	7:49:47
VP20 - Kirchhain	4.35	49:30	11:22	32	19:50	116	119.75	17:48:03	8:55	34	6:36:47	126	8:14:59
VP21 - Buckow	6.15	1:10:03	11:23	33	31:41	132	125.90	18:58:06	9:02	33	7:05:04	122	8:50:02
VP22 - Rudow	4.97	59:02	11:52	28	28:43	129	130.87	19:57:08	9:08	34	7:22:21	122	9:20:25
VP23 - Johannistl	5.89	1:06:34	11:18	27	29:43	115	136.76	21:03:42	9:14	34	7:50:37	121	9:53:18
VP24 - Dammwe	5.64	1:05:21	11:35	25	33:40	123	142.40	22:09:03	9:19	32	8:24:17	117	10:26:37
VP25 - Eas Side	6.33	1:22:23	13:00	35	45:03	152	148.73	23:31:26	9:29	32	9:09:20	116	11:08:56
VP26 - Checkpoir	4.22	43:21	10:16	22	20:28	95	152.95	24:14:47	9:30	32	9:29:48	117	11:28:13
VP27 - Gedenkst.	4.12	44:38	10:49	18	19:55	75	157.07	24:59:25	9:32	31	9:49:43	116	11:46:27
Friedrich-Ludwig	4.78	41:58	8:46	16	17:35	69	161.85	25:41:23	9:31	31	10:07:18	112	12:01:12