



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Rietkötter, Fritz

☐☐☐: 25:43:57

☐☐: Wildeshauer Lauftreff

☐☐: 6.26 km/h

☐☐: 242

☐☐☐☐: 9:32 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 128 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 113 (of 247)

☐☐☐☐:

☐☐☐☐☐: 32(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:39	6:43	36	14:23	161	14:23	6.93	46:39	6:43	36	14:23	161	14:23
VP2 - Lauftreff Li	5.70	39:40	6:57	37	13:44	174	13:44	12.63	1:26:19	6:50	37	28:06	166	28:07
VP3 - Oranienbur	5.47	39:20	7:11	43	15:34	186	15:34	18.10	2:05:39	6:56	39	43:40	171	43:40
VP4 - Naturschut	4.97	41:42	8:23	43	18:33	194	18:33	23.07	2:47:21	7:15	43	1:02:13	182	1:02:13
VP5 - Frohnau	6.80	52:42	7:45	44	22:16	200	22:24	29.87	3:40:03	7:22	43	1:24:29	186	1:24:31
VP6 - Ruderclub	4.06	33:44	8:18	29	15:14	134	15:15	33.93	4:13:47	7:28	42	1:39:43	177	1:39:46
VP7 - Grenzturm	4.75	38:20	8:04	41	16:02	184	17:32	38.68	4:52:07	7:33	41	1:55:45	175	1:57:18
VP8 - Schönwald	7.53	1:04:29	8:33	39	26:44	176	28:53	46.21	5:56:36	7:43	41	2:22:29	176	2:26:11
VP9 - Falkenseer	5.69	48:15	8:28	32	17:43	137	21:07	51.90	6:44:51	7:48	39	2:40:12	168	2:47:18
VP10 - Karolinenl	6.60	58:01	8:47	35	22:59	132	27:52	58.50	7:42:52	7:54	38	3:00:20	162	3:15:10
VP11 - Pagel & Fi	4.90	51:37	10:32	39	24:55	175	28:52	63.40	8:34:29	8:06	38	3:25:06	164	3:44:02
VP12 - Schloss S	7.62	1:09:19	9:05	25	25:53	96	33:32	71.02	9:43:48	8:13	36	3:50:50	146	4:17:34
VP13 - Revierförs	6.21	54:29	8:46	30	19:15	117	24:49	77.23	10:38:17	8:15	36	4:08:36	144	4:42:23
VP14 - Brauhaus	6.00	1:07:07	11:11	44	32:55	199	37:35	83.23	11:45:24	8:28	37	4:37:48	150	5:19:58
VP15 - Gedenkst.	6.90	1:05:15	9:27	32	29:07	130	30:32	90.13	12:50:39	8:33	37	4:57:03	149	5:50:30
VP16 - Königswe	6.87	1:02:32	9:06	23	17:43	87	28:48	97.00	13:53:11	8:35	36	5:11:18	142	6:19:18
VP17 - Sportplatz	6.20	1:04:05	10:20	23	29:29	78	32:28	103.20	14:57:16	8:41	35	5:38:16	131	6:51:46
VP18 - Osdorfer	6.49	1:03:51	9:50	30	20:35	116	29:54	109.69	16:01:07	8:45	36	5:58:51	129	7:21:40
VP19 - Lichtenrav	5.71	1:02:49	11:00	33	27:46	148	33:30	115.40	17:03:56	8:52	35	6:22:20	129	7:55:10
VP20 - Kirchhain	4.35	49:09	11:17	30	19:29	113	24:51	119.75	17:53:05	8:57	35	6:41:49	127	8:20:01
VP21 - Buckow	6.15	1:05:48	10:41	27	27:26	108	30:48	125.90	18:58:53	9:02	34	7:05:51	123	8:50:49
VP22 - Rudow	4.97	56:31	11:22	27	26:12	121	35:08	130.87	19:55:24	9:08	33	7:20:37	120	9:18:41
VP23 - Johannistl	5.89	1:01:40	10:28	22	24:49	93	27:59	136.76	20:57:04	9:11	33	7:43:59	120	9:46:40
VP24 - Dammwe	5.64	1:06:04	11:42	27	34:23	127	34:23	142.40	22:03:08	9:17	31	8:18:22	116	10:20:42
VP25 - Eas Side	6.33	1:25:09	13:27	37	47:49	162	47:49	148.73	23:28:17	9:28	31	9:06:11	115	11:05:47
VP26 - Checkpoir	4.22	45:13	10:42	28	22:20	108	22:20	152.95	24:13:30	9:30	31	9:28:31	116	11:26:56
VP27 - Gedenkst.	4.12	47:38	11:33	24	22:55	99	22:55	157.07	25:01:08	9:33	32	9:51:26	117	11:48:10
Friedrich-Ludwig	4.78	42:49	8:57	17	18:26	74	18:26	161.85	25:43:57	9:32	32	10:09:52	113	12:03:46