



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Rehers, HaWe

☐☐: OSC / 100 Marathon Club / DUV / TEA

☐☐: 6

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M65 (65-69 Jahre)

☐☐☐: 25:44:37

☐☐: 6.25 km/h

☐☐☐☐: 9:32 min/km

☐☐☐☐☐/☐☐☐☐: 129 (of 296)

☐☐☐☐☐/☐: 114 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 2(of 8)

☐☐☐☐☐☐☐: 23:15:12

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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     | 50:58           | 7:21    | 5       | 10:26   | 224     | 6.93      | 50:58            | 7:21     | 5        | 10:26    | 224      | 18:42    |
| VP2 - Laufftreff Li | 5.70     | 42:46           | 7:30    | 4       | 7:58    | 219     | 12.63     | 1:33:44          | 7:25     | 4        | 18:24    | 223      | 35:32    |
| VP3 - Oranienbur    | 5.47     | 42:24           | 7:45    | 4       | 9:12    | 219     | 18.10     | 2:16:08          | 7:31     | 4        | 27:36    | 225      | 54:09    |
| VP4 - Naturschut    | 4.97     | 41:58           | 8:26    | 4       | 8:25    | 199     | 23.07     | 2:58:06          | 7:43     | 4        | 36:01    | 213      | 1:12:58  |
| VP5 - Frohnau       | 6.80     | 53:01           | 7:47    | 4       | 10:25   | 203     | 29.87     | 3:51:07          | 7:44     | 4        | 42:37    | 213      | 1:35:35  |
| VP6 - Ruderclub     | 4.06     | 45:42           | 11:15   | 7       | 16:51   | 224     | 33.93     | 4:36:49          | 8:09     | 5        | 53:13    | 218      | 2:02:48  |
| VP7 - Grenzturm     | 4.75     | 39:02           | 8:13    | 4       | 4:07    | 192     | 38.68     | 5:15:51          | 8:09     | 5        | 55:20    | 214      | 2:21:02  |
| VP8 - Schönwald     | 7.53     | 1:01:33         | 8:10    | 3       | 4:44    | 151     | 46.21     | 6:17:24          | 8:10     | 5        | 56:58    | 205      | 2:46:59  |
| VP9 - Falkenseer    | 5.69     | 47:16           | 8:18    | 2       | 4:13    | 129     | 51.90     | 7:04:40          | 8:10     | 5        | 56:41    | 195      | 3:07:07  |
| VP10 - Karolinenl   | 6.60     | 1:00:58         | 9:14    | 4       | 6:02    | 158     | 58.50     | 8:05:38          | 8:18     | 4        | 1:02:43  | 187      | 3:37:56  |
| VP11 - Pagel & Fi   | 4.90     | 52:17           | 10:40   | 4       | 5:40    | 182     | 63.40     | 8:57:55          | 8:29     | 4        | 1:07:39  | 181      | 4:07:28  |
| VP12 - Schloss S    | 7.62     | 1:17:02         | 10:06   | 1       | -       | 135     | 71.02     | 10:14:57         | 8:39     | 4        | 58:49    | 172      | 4:48:43  |
| VP13 - Revierförs   | 6.21     | 57:43           | 9:17    | 3       | 5:32    | 151     | 77.23     | 11:12:40         | 8:42     | 4        | 1:04:21  | 170      | 5:16:46  |
| VP14 - Brauhaus     | 6.00     | 55:44           | 9:17    | 4       | 7:56    | 133     | 83.23     | 12:08:24         | 8:45     | 4        | 1:12:17  | 166      | 5:42:58  |
| VP15 - Gedenkst.    | 6.90     | 1:11:57         | 10:25   | 4       | 14:58   | 161     | 90.13     | 13:20:21         | 8:52     | 4        | 1:27:15  | 163      | 6:20:12  |
| VP16 - Königswe     | 6.87     | 57:13           | 8:19    | 1       | -       | 49      | 97.00     | 14:17:34         | 8:50     | 3        | 1:25:06  | 156      | 6:43:41  |
| VP17 - Sportplatz   | 6.20     | 1:15:08         | 12:07   | 3       | 1:22    | 121     | 103.20    | 15:32:42         | 9:02     | 3        | 1:23:42  | 152      | 7:27:12  |
| VP18 - Osdorfer     | 6.49     | 1:04:04         | 9:52    | 2       | 8:56    | 118     | 109.69    | 16:36:46         | 9:05     | 3        | 1:32:38  | 148      | 7:57:19  |
| VP19 - Lichtenrav   | 5.71     | 1:01:13         | 10:43   | 3       | 13:09   | 135     | 115.40    | 17:37:59         | 9:10     | 3        | 1:45:47  | 146      | 8:29:13  |
| VP20 - Kirchhain    | 4.35     | 45:06           | 10:22   | 1       | -       | 84      | 119.75    | 18:23:05         | 9:12     | 3        | 1:43:02  | 141      | 8:50:01  |
| VP21 - Buckow       | 6.15     | 1:05:38         | 10:40   | 3       | 7:51    | 107     | 125.90    | 19:28:43         | 9:16     | 3        | 1:50:53  | 133      | 9:20:39  |
| VP22 - Rudow        | 4.97     | 53:48           | 10:49   | 3       | 4:54    | 98      | 130.87    | 20:22:31         | 9:20     | 2        | 1:55:47  | 130      | 9:45:48  |
| VP23 - Johannistl   | 5.89     | 52:23           | 8:53    | 1       | -       | 37      | 136.76    | 21:14:54         | 9:19     | 2        | 1:51:23  | 123      | 10:04:30 |
| VP24 - Dammwe       | 5.64     | 1:05:26         | 11:36   | 5       | 11:39   | 124     | 142.40    | 22:20:20         | 9:24     | 2        | 2:03:02  | 120      | 10:37:54 |
| VP25 - Eas Side     | 6.33     | 1:12:56         | 11:31   | 4       | 12:54   | 108     | 148.73    | 23:33:16         | 9:30     | 2        | 2:15:56  | 118      | 11:10:46 |
| VP26 - Checkpoir    | 4.22     | 40:04           | 9:29    | 4       | 4:08    | 62      | 152.95    | 24:13:20         | 9:30     | 2        | 2:20:04  | 115      | 11:26:46 |
| VP27 - Gedenkst.    | 4.12     | 44:39           | 10:50   | 2       | 0:42    | 76      | 157.07    | 24:57:59         | 9:32     | 2        | 2:20:46  | 115      | 11:45:01 |
| Friedrich-Ludwig    | 4.78     | 46:38           | 9:45    | 3       | 8:39    | 96      | 161.85    | 25:44:37         | 9:32     | 2        | 2:29:25  | 114      | 12:04:26 |