



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Seemann, Tammo

☐☐☐: 25:49:17

☐☐: 100 MC

☐☐: 6.24 km/h

☐☐: 339

☐☐☐☐: 9:34 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 131 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 116 (of 247)

☐☐☐☐:

☐☐☐☐☐: 18(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	46:36	6:43	27	13:57	159	6.93	46:36	6:43	27	13:57	159	14:20
VP2 - Lauftreff Li	5.70	38:36	6:46	27	11:05	152	12.63	1:25:12	6:44	26	25:02	150	27:00
VP3 - Oranienbur	5.47	37:31	6:51	27	12:33	154	18.10	2:02:43	6:46	28	37:35	157	40:44
VP4 - Naturschut	4.97	36:37	7:22	25	10:59	134	23.07	2:39:20	6:54	27	48:34	148	54:12
VP5 - Frohnau	6.80	45:47	6:43	24	13:49	115	29.87	3:25:07	6:52	26	1:02:23	145	1:09:35
VP6 - Ruderclub	4.06	30:15	7:27	19	10:36	94	33.93	3:55:22	6:56	23	1:12:59	127	1:21:21
VP7 - Grenzturm	4.75	33:02	6:57	17	10:24	97	38.68	4:28:24	6:56	23	1:23:23	121	1:33:35
VP8 - Schönwald	7.53	53:53	7:09	15	16:08	77	46.21	5:22:17	6:58	22	1:39:31	109	1:51:52
VP9 - Falkenseer	5.69	42:05	7:23	13	11:56	70	51.90	6:04:22	7:01	20	1:51:27	99	2:06:49
VP10 - Karolinenl	6.60	49:15	7:27	10	14:43	61	58.50	6:53:37	7:04	18	2:06:10	94	2:25:55
VP11 - Pagel & Fi	4.90	39:58	8:09	13	12:45	72	63.40	7:33:35	7:09	17	2:18:55	90	2:43:08
VP12 - Schloss S	7.62	1:00:56	7:59	9	17:09	47	71.02	8:34:31	7:14	16	2:36:04	79	3:08:17
VP13 - Revierförs	6.21	49:25	7:57	11	12:07	66	77.23	9:23:56	7:18	16	2:48:11	74	3:28:02
VP14 - Brauhaus	6.00	52:55	8:49	16	15:33	105	83.23	10:16:51	7:24	14	3:03:44	75	3:51:25
VP15 - Gedenkst.	6.90	57:17	8:18	14	17:23	75	90.13	11:14:08	7:28	14	3:21:07	75	4:13:59
VP16 - Königswe	6.87	1:03:53	9:17	18	23:04	104	97.00	12:18:01	7:36	15	3:44:11	75	4:44:08
VP17 - Sportplatz	6.20	1:02:25	10:04	12	23:13	71	103.20	13:20:26	7:45	13	4:07:24	71	5:14:56
VP18 - Osdorfer	6.49	56:39	8:43	12	15:37	71	109.69	14:17:05	7:48	13	4:23:01	68	5:37:38
VP19 - Lichtenrav	5.71	54:01	9:27	16	18:55	102	115.40	15:11:06	7:53	13	4:41:03	70	6:02:20
VP20 - Kirchhain	4.35	53:49	12:22	23	26:09	142	119.75	16:04:55	8:03	13	5:04:24	77	6:31:51
VP21 - Buckow	6.15	1:05:08	10:35	17	26:49	105	125.90	17:10:03	8:10	13	5:29:15	78	7:01:59
VP22 - Rudow	4.97	1:16:27	15:22	27	45:58	180	130.87	18:26:30	8:27	16	6:13:10	89	7:49:47
VP23 - Johannistl	5.89	1:28:20	14:59	28	51:01	177	136.76	19:54:50	8:44	18	7:03:02	103	8:44:26
VP24 - Dammwe	5.64	1:13:29	13:01	26	37:33	159	142.40	21:08:19	8:54	19	7:38:42	107	9:25:53
VP25 - Eas Side	6.33	1:30:54	14:21	27	48:30	170	148.73	22:39:13	9:08	19	8:26:26	106	10:16:43
VP26 - Checkpoir	4.22	1:08:44	16:17	28	43:42	179	152.95	23:47:57	9:20	18	9:06:58	110	11:01:23
VP27 - Gedenkst.	4.12	57:56	14:03	22	32:04	156	157.07	24:45:53	9:27	18	9:39:02	112	11:32:55
Friedrich-Ludwig	4.78	1:03:24	13:15	26	35:12	174	161.85	25:49:17	9:34	18	10:14:14	116	12:09:06