



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Neumann, KLaus

☐☐: 100 Marathon Club
☐☐: 5

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Senioren M60 (60-64 Jahre)

☐☐☐: 25:49:18

☐☐: 6.24 km/h
☐☐☐☐: 9:34 min/km

☐☐☐☐☐/☐☐☐☐: 132 (of 296)

☐☐☐☐☐/☐: 117 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 6(of 15)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	47:27	6:50	12	6:15	180	6.93	47:27	6:50	12	6:15	180	15:11
VP2 - Laufftreff Li	5.70	40:47	7:09	9	7:21	189	12.63	1:28:14	6:59	10	13:36	178	30:02
VP3 - Oranienbur	5.47	39:52	7:17	11	8:20	197	18.10	2:08:06	7:04	11	21:56	188	46:07
VP4 - Naturschut	4.97	39:10	7:52	8	6:16	174	23.07	2:47:16	7:15	10	28:12	181	1:02:08
VP5 - Frohnau	6.80	49:32	7:17	4	9:19	167	29.87	3:36:48	7:15	8	37:31	174	1:21:16
VP6 - Ruderclub	4.06	31:08	7:40	3	2:37	103	33.93	4:07:56	7:18	5	40:08	161	1:33:55
VP7 - Grenzturm	4.75	36:49	7:45	6	7:23	170	38.68	4:44:45	7:21	4	47:31	158	1:49:56
VP8 - Schönwald	7.53	58:24	7:45	6	8:00	125	46.21	5:43:09	7:25	3	55:31	151	2:12:44
VP9 - Falkenseer	5.69	43:36	7:39	2	4:15	88	51.90	6:26:45	7:27	3	59:46	144	2:29:12
VP10 - Karolinenl	6.60	59:28	9:00	5	7:55	146	58.50	7:26:13	7:37	5	1:07:41	141	2:58:31
VP11 - Pagel & Fi	4.90	47:48	9:45	10	10:50	140	63.40	8:14:01	7:47	5	1:16:23	139	3:23:34
VP12 - Schloss S	7.62	1:06:04	8:40	2	4:29	75	71.02	9:20:05	7:53	5	51:38	125	3:53:51
VP13 - Revierförs	6.21	52:18	8:25	3	1:07	96	77.23	10:12:23	7:55	5	45:02	120	4:16:29
VP14 - Brauhaus	6.00	50:14	8:22	5	4:56	76	83.23	11:02:37	7:57	5	30:20	117	4:37:11
VP15 - Gedenkst.	6.90	55:29	8:02	2	3:14	60	90.13	11:58:06	7:58	5	29:06	114	4:57:57
VP16 - Königswe	6.87	1:05:54	9:35	6	12:15	125	97.00	13:04:00	8:04	5	27:41	114	5:30:07
VP17 - Sportplatz	6.20	1:08:29	11:02	3	4:28	91	103.20	14:12:29	8:15	5	25:08	110	6:06:59
VP18 - Osdorfer	6.49	58:25	9:00	5	10:07	83	109.69	15:10:54	8:18	5	31:37	100	6:31:27
VP19 - Lichtenra	5.71	1:05:39	11:29	11	26:25	170	115.40	16:16:33	8:27	5	51:49	108	7:07:47
VP20 - Kirchhain	4.35	51:40	11:52	9	18:18	127	119.75	17:08:13	8:35	5	1:10:07	111	7:35:09
VP21 - Buckow	6.15	1:02:44	10:12	5	7:40	95	125.90	18:10:57	8:39	5	1:01:34	109	8:02:53
VP22 - Rudow	4.97	50:35	10:10	4	29:12	71	130.87	19:01:32	8:43	5	1:23:23	110	8:24:49
VP23 - Johannistl	5.89	57:03	9:41	3	4:17	73	136.76	19:58:35	8:45	5	1:16:00	107	8:48:11
VP24 - Dammwe	5.64	1:09:42	12:21	9	20:46	144	142.40	21:08:17	8:54	5	1:18:12	106	9:25:51
VP25 - Eas Side	6.33	1:30:57	14:22	13	32:54	171	148.73	22:39:14	9:08	6	1:49:18	107	10:16:44
VP26 - Checkpoir	4.22	1:08:41	16:16	13	32:14	178	152.95	23:47:55	9:20	6	2:21:32	109	11:01:21
VP27 - Gedenkst.	4.12	57:57	14:03	12	23:56	157	157.07	24:45:52	9:27	6	2:30:36	111	11:32:54
Friedrich-Ludwig	4.78	1:03:26	13:16	13	34:46	175	161.85	25:49:18	9:34	6	2:56:32	117	12:09:07