



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Krayer, bernd

☐☐: TuS Breitscheid

☐☐: 97

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 25:50:01

☐☐: 6.23 km/h

☐☐☐☐: 9:35 min/km

☐☐☐☐☐/☐☐☐☐: 134 (of 296)

☐☐☐☐☐/☐: 119 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 24(of 51)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	48:34	7:00	41	15:16	191	16:18	6.93	48:34	7:00	41	15:16	191	16:18
VP2 - Laufftreff Li	5.70	39:53	6:59	37	12:14	180	13:57	12.63	1:28:27	7:00	39	27:30	183	30:15
VP3 - Oranienbur	5.47	38:31	7:02	36	12:19	168	14:45	18.10	2:06:58	7:00	38	39:42	178	44:59
VP4 - Naturschut	4.97	38:50	7:48	37	13:59	171	15:41	23.07	2:45:48	7:11	38	53:41	174	1:00:40
VP5 - Frohnau	6.80	49:48	7:19	39	17:04	171	19:30	29.87	3:35:36	7:13	36	1:10:45	172	1:20:04
VP6 - Ruderclub	4.06	35:41	8:47	34	14:12	160	17:12	33.93	4:11:17	7:24	37	1:24:57	166	1:37:16
VP7 - Grenzturm	4.75	36:39	7:42	39	11:16	167	15:51	38.68	4:47:56	7:26	36	1:36:13	165	1:53:07
VP8 - Schönwald	7.53	1:04:26	8:33	41	21:59	175	28:50	46.21	5:52:22	7:37	37	1:58:12	169	2:21:57
VP9 - Falkenseer	5.69	55:55	9:49	43	22:05	197	28:47	51.90	6:48:17	7:52	38	2:20:17	177	2:50:44
VP10 - Karolinenl	6.60	1:08:32	10:23	46	28:20	204	38:23	58.50	7:56:49	8:09	38	2:48:20	179	3:29:07
VP11 - Pagel & Fi	4.90	44:11	9:01	21	14:04	105	21:26	63.40	8:41:00	8:13	34	3:00:40	170	3:50:33
VP12 - Schloss S	7.62	1:19:30	10:25	27	31:17	151	43:43	71.02	10:00:30	8:27	31	3:31:57	161	4:34:16
VP13 - Revierförs	6.21	57:35	9:16	29	16:46	149	27:55	77.23	10:58:05	8:31	32	3:48:33	164	5:02:11
VP14 - Brauhaus	6.00	1:01:39	10:16	33	19:28	169	32:07	83.23	11:59:44	8:38	31	4:07:36	162	5:34:18
VP15 - Gedenkst.	6.90	1:07:46	9:49	31	22:38	151	33:03	90.13	13:07:30	8:44	30	4:25:35	158	6:07:21
VP16 - Königswe	6.87	1:02:32	9:06	18	13:50	87	28:48	97.00	14:10:02	8:45	30	4:39:25	153	6:36:09
VP17 - Sportplatz	6.20	1:22:42	13:20	34	37:53	157	51:05	103.20	15:32:44	9:02	31	5:16:33	153	7:27:14
VP18 - Osdorfer	6.49	1:04:28	9:55	25	18:07	120	30:31	109.69	16:37:12	9:05	30	5:32:39	149	7:57:45
VP19 - Lichtenra	5.71	53:47	9:25	22	13:49	97	24:28	115.40	17:30:59	9:06	29	5:43:24	145	8:22:13
VP20 - Kirchhain	4.35	52:54	12:09	27	21:37	136	28:36	119.75	18:23:53	9:13	28	6:00:38	142	8:50:49
VP21 - Buckow	6.15	1:11:04	11:33	29	27:46	140	36:04	125.90	19:34:57	9:19	25	6:25:46	138	9:26:53
VP22 - Rudow	4.97	48:27	9:44	15	11:06	58	27:04	130.87	20:23:24	9:20	24	6:32:17	132	9:46:41
VP23 - Johannistl	5.89	59:40	10:07	22	13:58	85	25:59	136.76	21:23:04	9:22	24	6:44:31	126	10:12:40
VP24 - Dammwe	5.64	1:03:53	11:19	25	23:22	114	32:12	142.40	22:26:57	9:27	24	6:57:59	122	10:44:31
VP25 - Eas Side	6.33	1:14:23	11:45	25	26:27	117	37:03	148.73	23:41:20	9:33	23	7:18:34	119	11:18:50
VP26 - Checkpoir	4.22	42:54	10:09	20	13:14	90	20:01	152.95	24:24:14	9:34	24	7:29:27	120	11:37:40
VP27 - Gedenkst.	4.12	43:49	10:38	17	12:42	67	19:06	157.07	25:08:03	9:36	24	7:38:32	119	11:55:05
Friedrich-Ludwig	4.78	41:58	8:46	20	14:00	69	17:35	161.85	25:50:01	9:34	24	7:46:10	119	12:09:50