



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

☐☐☐☐

☐☐☐☐

☐☐☐

| ☐☐☐ | ☐☐ 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 |