



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Jones, Garfield

☐☐: Islwyn RC

☐☐: 85

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M55 (55-59 Jahre)

☐☐☐: 25:54:09

☐☐: 6.22 km/h

☐☐☐☐: 9:36 min/km

☐☐☐☐☐/☐☐☐☐: 135 (of 296)

☐☐☐☐☐/☐☐: 120 (of 247)

☐☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐☐: 12(of 32)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	43:30	6:16	11	8:17	93	6.93	43:30	6:16	11	8:17	93	11:14
VP2 - Laufftreff Li	5.70	35:44	6:16	11	5:33	96	12.63	1:19:14	6:16	11	13:50	96	21:02
VP3 - Oranienbur	5.47	33:15	6:04	9	4:34	80	18.10	1:52:29	6:12	11	18:24	91	30:30
VP4 - Naturschut	4.97	34:37	6:57	10	6:13	90	23.07	2:27:06	6:22	12	24:37	94	41:58
VP5 - Frohnau	6.80	45:49	6:44	11	9:22	117	29.87	3:12:55	6:27	11	33:59	94	57:23
VP6 - Ruderclub	4.06	30:55	7:36	10	7:33	101	33.93	3:43:50	6:35	11	41:32	95	1:09:49
VP7 - Grenzturm	4.75	36:05	7:35	17	9:36	160	38.68	4:19:55	6:43	11	51:08	94	1:25:06
VP8 - Schönwald	7.53	1:00:40	8:03	12	17:58	144	46.21	5:20:35	6:56	11	1:09:06	106	1:50:10
VP9 - Falkenseer	5.69	47:22	8:19	12	13:38	130	51.90	6:07:57	7:05	11	1:22:44	107	2:10:24
VP10 - Karolinenl	6.60	58:57	8:55	14	20:43	141	58.50	7:06:54	7:17	10	1:43:27	114	2:39:12
VP11 - Pagel & Fi	4.90	59:40	12:10	24	27:14	215	63.40	8:06:34	7:40	12	2:10:23	130	3:16:07
VP12 - Schloss S	7.62	1:31:16	11:58	20	45:31	194	71.02	9:37:50	8:08	13	2:55:54	143	4:11:36
VP13 - Revierförs	6.21	56:42	9:07	16	15:12	139	77.23	10:34:32	8:12	13	3:11:06	142	4:38:38
VP14 - Brauhaus	6.00	53:03	8:50	12	13:51	107	83.23	11:27:35	8:15	13	3:24:57	137	5:02:09
VP15 - Gedenkst.	6.90	1:13:59	10:43	19	30:49	176	90.13	12:41:34	8:26	14	3:55:37	138	5:41:25
VP16 - Königswe	6.87	1:07:20	9:48	14	22:23	132	97.00	13:48:54	8:32	13	4:13:47	135	6:15:01
VP17 - Sportplatz	6.20	1:22:51	13:21	16	39:58	158	103.20	15:11:45	8:50	15	4:51:58	143	7:06:15
VP18 - Osdorfer	6.49	1:03:29	9:46	12	23:30	113	109.69	16:15:14	8:53	13	5:15:28	140	7:35:47
VP19 - Lichtenra	5.71	54:18	9:30	11	17:39	104	115.40	17:09:32	8:55	13	5:33:07	136	8:00:46
VP20 - Kirchhain	4.35	1:01:39	14:10	21	33:31	174	119.75	18:11:11	9:06	13	6:06:38	136	8:38:07
VP21 - Buckow	6.15	1:14:23	12:05	18	33:24	152	125.90	19:25:34	9:15	13	6:40:02	132	9:17:30
VP22 - Rudow	4.97	55:19	11:07	11	22:52	112	130.87	20:20:53	9:19	13	7:02:54	129	9:44:10
VP23 - Johannistl	5.89	1:03:05	10:42	10	25:15	103	136.76	21:23:58	9:23	13	7:28:09	127	10:13:34
VP24 - Dammwe	5.64	1:03:50	11:19	14	27:49	113	142.40	22:27:48	9:27	12	7:55:58	123	10:45:22
VP25 - Eas Side	6.33	1:13:45	11:39	10	28:09	113	148.73	23:41:33	9:33	12	8:23:45	120	11:19:03
VP26 - Checkpoir	4.22	44:17	10:29	9	16:58	102	152.95	24:25:50	9:35	12	8:27:30	121	11:39:16
VP27 - Gedenkst.	4.12	46:41	11:19	8	14:46	87	157.07	25:12:31	9:37	12	8:42:16	120	11:59:33
Friedrich-Ludwig	4.78	41:38	8:42	5	14:05	62	161.85	25:54:09	9:36	12	8:54:38	120	12:13:58