



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Pflügler, Christian

☐☐: 6h-Lauf-Münster

☐☐: 41

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Senioren M45 (45-49 Jahre)

☐☐☐☐☐/☐☐☐☐: DNF (of 296)

☐☐☐☐☐/☐☐: DNF (of 247)

☐☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐☐: DNF(of 53)

☐☐☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	49:33	7:09	45	17:17	210	17:17	6.93	49:33	7:09	45	17:17	210	17:17
VP2 - Laufftreff Li	5.70	44:18	7:46	50	18:22	230	18:22	12.63	1:33:51	7:25	48	35:38	224	35:39
VP3 - Oranienbur	5.47	43:37	7:58	50	19:51	228	19:51	18.10	2:17:28	7:35	49	55:29	226	55:29
VP4 - Naturschut	4.97	43:31	8:45	46	20:22	212	20:22	23.07	3:00:59	7:50	50	1:15:51	224	1:15:51
VP5 - Frohnau	6.80	57:17	8:25	48	26:51	224	26:59	29.87	3:58:16	7:58	49	1:42:42	225	1:42:44
VP6 - Ruderclub	4.06	53:52	13:16	50	35:22	233	35:23	33.93	4:52:08	8:36	50	2:18:04	234	2:18:07
VP7 - Grenzturm	4.75	49:35	10:26	49	27:17	234	28:47	38.68	5:41:43	8:50	49	2:45:21	233	2:46:54
VP8 - Schönwald	7.53	1:16:49	10:12	48	39:04	226	41:13	46.21	6:58:32	9:03	49	3:24:25	232	3:28:07
VP9 - Falkenseer	5.69	1:08:06	11:58	46	37:34	229	40:58	51.90	8:06:38	9:22	49	4:01:59	231	4:09:05
VP10 - Karolinenl	6.60	1:22:48	12:32	48	47:46	229	52:39	58.50	9:29:26	9:44	49	4:46:54	230	5:01:44
VP11 - Pagel & Fi	4.90	1:14:59	15:18	47	48:17	223	52:14	63.40	10:44:25	10:09	49	5:35:02	225	5:53:58
VP12 - Schloss S	7.62	1:35:54	12:35	43	52:28	206	1:00:07	71.02	12:20:19	10:25	48	6:27:21	222	6:54:05
VP13 - Revierförs	6.21	1:01:41	9:55	44	26:27	179	32:01	77.23	13:22:00	10:23	48	6:52:19	222	7:26:06
VP14 - Brauhaus	6.00	1:08:12	11:22	45	34:00	202	38:40	83.23	14:30:12	10:27	47	7:22:36	222	8:04:46
VP15 - Gedenkst.	6.90	1:24:26	12:14	45	48:18	212	49:43	90.13	15:54:38	10:35	47	8:01:02	218	8:54:29
VP16 - Königswe	6.87	1:22:32	12:00	43	37:43	197	48:48	97.00	17:17:10	10:41	46	8:35:17	214	9:43:17
VP17 - Sportplatz	6.20	1:02:43	10:06	20	28:07	73	31:06	103.20	18:19:53	10:39	45	9:00:53	209	10:14:23
VP18 - Osdorfer !	6.49	1:41:43	15:40	43	58:27	197	1:07:46	109.69	20:01:36	10:57	44	9:59:20	203	11:22:09
VP19 - Lichtenrav	5.71	1:32:11	16:08	44	57:08	198	1:02:52	115.40	21:33:47	11:12	44	10:52:11	199	12:25:01
VP20 - Kirchhain	4.35	1:14:19	17:05	44	44:39	193	50:01	119.75	22:48:06	11:25	44	11:36:50	196	13:15:02
VP21 - Buckow	6.15	fehlt!	-	-	-	-	-	125.90	-	-	-	-	-	-
VP22 - Rudow	4.97	fehlt!	-	-	-	-	-	130.87	-	-	-	-	-	-
VP23 - Johannistl	5.89	fehlt!	-	-	-	-	-	136.76	-	-	-	-	-	-
VP24 - Dammwe	5.64	fehlt!	-	-	-	-	-	142.40	-	-	-	-	-	-
VP25 - Eas Side (6.33	fehlt!	-	-	-	-	-	148.73	-	-	-	-	-	-
VP26 - Checkpoir	4.22	fehlt!	-	-	-	-	-	152.95	-	-	-	-	-	-
VP27 - Gedenkst.	4.12	fehlt!	-	-	-	-	-	157.07	-	-	-	-	-	-
Friedrich-Ludwig	4.78	fehlt!	-	-	-	-	-	161.85	-	-	-	-	-	-