



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Jänicke, Marc Cornelius

☐☐☐: 15:35:03

☐☐: Berlin

☐☐: 10.33 km/h

☐☐: 19

☐☐☐☐: 5:47 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 3 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 3 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 1(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	32:39	4:42	1	-	8	0:23	6.93	32:39	4:42	1	-	8	0:23
VP2 - Laufftreff Li	5.70	27:31	4:49	1	-	7	1:35	12.63	1:00:10	4:45	1	-	7	1:58
VP3 - Oranienbur	5.47	24:58	4:33	1	-	4	1:12	18.10	1:25:08	4:42	1	-	4	3:09
VP4 - Naturschut	4.97	25:38	5:09	1	-	8	2:29	23.07	1:50:46	4:48	1	-	7	5:38
VP5 - Frohnau	6.80	31:58	4:42	1	-	3	1:40	29.87	2:22:44	4:46	1	-	4	7:12
VP6 - Ruderclub	4.06	19:39	4:50	1	-	3	1:10	33.93	2:42:23	4:47	1	-	3	8:22
VP7 - Grenzturm	4.75	22:38	4:45	1	-	4	1:50	38.68	3:05:01	4:46	1	-	3	10:12
VP8 - Schönwald	7.53	37:45	5:00	1	-	3	2:09	46.21	3:42:46	4:49	1	-	4	12:21
VP9 - Falkenseer	5.69	30:09	5:17	1	-	3	3:01	51.90	4:12:55	4:52	1	-	4	15:22
VP10 - Karolinenl	6.60	34:32	5:13	1	-	3	4:23	58.50	4:47:27	4:54	1	-	4	19:45
VP11 - Pagel & Fi	4.90	27:13	5:33	1	-	5	4:28	63.40	5:14:40	4:57	1	-	4	24:13
VP12 - Schloss S	7.62	43:47	5:44	1	-	5	8:00	71.02	5:58:27	5:02	1	-	4	32:13
VP13 - Revierförs	6.21	37:18	6:00	1	-	6	7:38	77.23	6:35:45	5:07	1	-	4	39:51
VP14 - Brauhaus	6.00	37:22	6:13	1	-	5	7:50	83.23	7:13:07	5:12	1	-	4	47:41
VP15 - Gedenkst.	6.90	39:54	5:46	1	-	3	5:11	90.13	7:53:01	5:14	1	-	3	52:52
VP16 - Königswe	6.87	40:49	5:56	1	-	2	7:05	97.00	8:33:50	5:17	1	-	2	59:57
VP17 - Sportplatz	6.20	39:12	6:19	1	-	4	7:35	103.20	9:13:02	5:21	1	-	2	1:07:32
VP18 - Osdorfer	6.49	41:02	6:19	1	-	4	7:05	109.69	9:54:04	5:24	1	-	2	1:14:37
VP19 - Lichtenra	5.71	35:59	6:18	2	0:53	5	6:40	115.40	10:30:03	5:27	1	-	2	1:21:17
VP20 - Kirchhain	4.35	30:28	7:00	3	2:48	8	6:10	119.75	11:00:31	5:30	1	-	2	1:27:27
VP21 - Buckow	6.15	40:17	6:33	4	1:58	7	5:17	125.90	11:40:48	5:33	1	-	2	1:32:44
VP22 - Rudow	4.97	32:32	6:32	2	2:03	6	11:09	130.87	12:13:20	5:36	1	-	2	1:36:37
VP23 - Johannistl	5.89	38:28	6:31	2	1:09	7	4:47	136.76	12:51:48	5:38	1	-	2	1:41:24
VP24 - Dammwe	5.64	37:49	6:42	4	1:53	8	6:08	142.40	13:29:37	5:41	1	-	2	1:47:11
VP25 - Eas Side	6.33	43:10	6:49	2	0:46	4	5:50	148.73	14:12:47	5:44	1	-	2	1:50:17
VP26 - Checkpoir	4.22	28:12	6:40	2	3:10	6	5:19	152.95	14:40:59	5:45	1	-	2	1:54:25
VP27 - Gedenkst.	4.12	25:52	6:16	1	-	2	1:09	157.07	15:06:51	5:46	1	-	2	1:53:53
Friedrich-Ludwig	4.78	28:12	5:53	1	-	5	3:49	161.85	15:35:03	5:46	1	-	3	1:54:52