



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Zwirner, Jens

☐☐: jk running / RRC UK

☐☐: 31

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 26:14:44

☐☐: 6.13 km/h

☐☐☐☐: 9:44 min/km

☐☐☐☐☐/☐☐☐☐: 138 (of 296)

☐☐☐☐☐/☐☐: 123 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 25(of 51)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:52	6:28	24	11:34	124	6.93	44:52	6:28	24	11:34	124	12:36
VP2 - Laufftreff Li	5.70	37:11	6:31	23	9:32	122	12.63	1:22:03	6:29	23	21:06	119	23:51
VP3 - Oranienbur	5.47	33:33	6:08	17	7:21	84	18.10	1:55:36	6:23	22	28:20	105	33:37
VP4 - Naturschut	4.97	41:49	8:24	40	16:58	196	23.07	2:37:25	6:49	29	45:18	140	52:17
VP5 - Frohnau	6.80	43:22	6:22	20	10:38	89	29.87	3:20:47	6:43	24	55:56	122	1:05:15
VP6 - Ruderclub	4.06	44:19	10:54	49	22:50	221	33.93	4:05:06	7:13	34	1:18:46	157	1:31:05
VP7 - Grenzturm	4.75	34:30	7:15	26	9:07	128	38.68	4:39:36	7:13	33	1:27:53	149	1:44:47
VP8 - Schönwald	7.53	59:36	7:54	29	17:09	134	46.21	5:39:12	7:20	32	1:45:02	147	2:08:47
VP9 - Falkenseer	5.69	50:20	8:50	36	16:30	166	51.90	6:29:32	7:30	32	2:01:32	149	2:31:59
VP10 - Karolinenl	6.60	1:02:53	9:31	37	22:41	172	58.50	7:32:25	7:44	29	2:23:56	151	3:04:43
VP11 - Pagel & Fi	4.90	57:58	11:49	43	27:51	213	63.40	8:30:23	8:03	31	2:50:03	156	3:39:56
VP12 - Schloss S	7.62	1:22:21	10:48	30	34:08	160	71.02	9:52:44	8:20	29	3:24:11	154	4:26:30
VP13 - Revierförs	6.21	1:04:43	10:25	41	23:54	194	77.23	10:57:27	8:30	29	3:47:55	161	5:01:33
VP14 - Brauhaus	6.00	1:16:41	12:46	45	34:30	217	83.23	12:14:08	8:49	34	4:22:00	171	5:48:42
VP15 - Gedenkst.	6.90	1:18:14	11:20	41	33:06	192	90.13	13:32:22	9:00	35	4:50:27	171	6:32:13
VP16 - Königswe	6.87	56:40	8:14	7	7:58	47	97.00	14:29:02	8:57	31	4:58:25	160	6:55:09
VP17 - Sportplatz	6.20	1:33:15	15:02	39	48:26	187	103.20	16:02:17	9:19	33	5:46:06	162	7:56:47
VP18 - Osdorfer	6.49	1:04:25	9:55	24	18:04	119	109.69	17:06:42	9:21	32	6:02:09	156	8:27:15
VP19 - Lichtenra	5.71	56:27	9:53	25	16:29	117	115.40	18:03:09	9:23	32	6:15:34	155	8:54:23
VP20 - Kirchhain	4.35	51:21	11:48	24	20:04	126	119.75	18:54:30	9:28	31	6:31:15	152	9:21:26
VP21 - Buckow	6.15	1:06:11	10:45	21	22:53	110	125.90	20:00:41	9:32	29	6:51:30	151	9:52:37
VP22 - Rudow	4.97	57:05	11:29	30	19:44	123	130.87	20:57:46	9:36	28	7:06:39	142	10:21:03
VP23 - Johannistl	5.89	54:29	9:15	12	8:47	51	136.76	21:52:15	9:35	27	7:13:42	134	10:41:51
VP24 - Dammwe	5.64	1:04:42	11:28	27	24:11	120	142.40	22:56:57	9:40	26	7:27:59	128	11:14:31
VP25 - Eas Side	6.33	55:23	8:44	5	7:27	26	148.73	23:52:20	9:37	25	7:29:34	124	11:29:50
VP26 - Checkpoir	4.22	45:17	10:43	24	15:37	111	152.95	24:37:37	9:39	25	7:42:50	122	11:51:03
VP27 - Gedenkst.	4.12	49:58	12:07	27	18:51	118	157.07	25:27:35	9:43	25	7:58:04	124	12:14:37
Friedrich-Ludwig	4.78	47:09	9:51	23	19:11	100	161.85	26:14:44	9:43	25	8:10:53	123	12:34:33