



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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BELTRAME, VANDA MARIA

☐☐☐: 26:21:03

☐☐: KEEP MOVING

☐☐: 6.11 km/h

☐☐: 308

☐☐☐☐: 9:46 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 139 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 16 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 1(of 2)

Seniorinnen W60 (60-64 Jahre)

☐☐☐☐☐☐☐: 26:21:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	46:23	6:41	2	3:46	22	8:14	6.93	46:23	6:41	2	3:46	22	8:14
VP2 - Laufftreff Li	5.70	40:14	7:03	2	2:56	27	8:10	12.63	1:26:37	6:51	2	6:42	25	16:02
VP3 - Oranienbur	5.47	39:39	7:14	2	2:03	29	10:22	18.10	2:06:16	6:58	2	8:45	25	26:13
VP4 - Naturschut	4.97	41:31	8:21	2	2:57	30	13:23	23.07	2:47:47	7:16	2	11:42	27	39:36
VP5 - Frohnau	6.80	50:47	7:28	2	2:41	26	14:04	29.87	3:38:34	7:19	2	14:23	25	53:40
VP6 - Ruderclub	4.06	31:49	7:50	1	-	12	9:49	33.93	4:10:23	7:22	2	11:27	23	1:03:29
VP7 - Grenzturm	4.75	38:25	8:05	1	-	26	12:46	38.68	4:48:48	7:27	1	-	20	1:16:15
VP8 - Schönwald	7.53	1:08:04	9:02	2	18:14	30	26:28	46.21	5:56:52	7:43	2	0:19	25	1:42:43
VP9 - Falkenseer	5.69	50:44	8:54	1	-	26	18:47	51.90	6:47:36	7:51	1	-	23	2:01:30
VP10 - Karolinenl	6.60	59:49	9:03	1	-	23	22:34	58.50	7:47:25	7:59	1	-	23	2:24:04
VP11 - Pagel & Fi	4.90	44:40	9:06	1	-	17	16:52	63.40	8:32:05	8:04	1	-	22	2:40:56
VP12 - Schloss S	7.62	1:07:23	8:50	1	-	10	23:37	71.02	9:39:28	8:09	1	-	18	3:04:33
VP13 - Revierförs	6.21	53:19	8:35	1	-	15	16:36	77.23	10:32:47	8:11	1	-	18	3:21:09
VP14 - Brauhaus	6.00	1:09:51	11:38	2	6:15	40	32:31	83.23	11:42:38	8:26	1	-	19	3:53:40
VP15 - Gedenkst.	6.90	59:35	8:38	1	-	15	21:00	90.13	12:42:13	8:27	1	-	18	4:14:40
VP16 - Königswe	6.87	1:06:00	9:36	1	-	18	24:25	97.00	13:48:13	8:32	1	-	18	4:39:05
VP17 - Sportplatz	6.20	1:04:53	10:27	1	-	15	29:54	103.20	14:53:06	8:39	1	-	18	5:08:59
VP18 - Osdorfer	6.49	1:04:40	9:57	1	-	18	25:12	109.69	15:57:46	8:43	1	-	18	5:26:42
VP19 - Lichtenrav	5.71	59:24	10:24	1	-	18	23:19	115.40	16:57:10	8:48	1	-	18	5:50:01
VP20 - Kirchhain	4.35	47:56	11:01	1	-	12	21:03	119.75	17:45:06	8:53	1	-	16	6:11:04
VP21 - Buckow	6.15	1:15:18	12:14	2	0:28	30	38:42	125.90	19:00:24	9:03	1	-	17	6:49:46
VP22 - Rudow	4.97	1:08:17	13:44	2	2:30	32	36:08	130.87	20:08:41	9:14	1	-	18	7:25:54
VP23 - Johannistl	5.89	1:11:43	12:10	1	-	22	34:12	136.76	21:20:24	9:21	1	-	17	8:00:06
VP24 - Dammwe	5.64	1:08:42	12:10	2	3:32	25	33:06	142.40	22:29:06	9:28	1	-	16	8:33:12
VP25 - Eas Side	6.33	1:18:06	12:20	2	2:00	26	38:00	148.73	23:47:12	9:35	1	-	16	9:11:12
VP26 - Checkpoir	4.22	54:05	12:48	2	8:51	32	27:56	152.95	24:41:17	9:41	1	-	16	9:39:08
VP27 - Gedenkst.	4.12	47:18	11:28	1	-	16	19:46	157.07	25:28:35	9:43	1	-	16	9:58:54
Friedrich-Ludwig	4.78	52:28	10:58	1	-	23	24:30	161.85	26:21:03	9:46	1	-	16	10:23:24