



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Sharp, William

☐☐☐: 26:23:53

☐☐: LG Mauerweg

☐☐: 6.10 km/h

☐☐: 30

☐☐☐☐: 9:47 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 141 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 125 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 7(of 15)

Senioren M60 (60-64 Jahre)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	47:15	6:49	10	6:03	175	14:59	6.93	47:15	6:49	10	6:03	175	14:59
VP2 - Laufftreff Li	5.70	39:20	6:54	8	5:54	163	13:24	12.63	1:26:35	6:51	8	11:57	169	28:23
VP3 - Oranienbur	5.47	39:08	7:09	8	7:36	180	15:22	18.10	2:05:43	6:56	8	19:33	172	43:44
VP4 - Naturschut	4.97	39:46	8:00	10	6:52	180	16:37	23.07	2:45:29	7:10	9	26:25	171	1:00:21
VP5 - Frohnau	6.80	52:06	7:39	11	11:53	195	21:48	29.87	3:37:35	7:17	9	38:18	175	1:22:03
VP6 - Ruderclub	4.06	39:52	9:49	10	11:21	202	21:23	33.93	4:17:27	7:35	9	49:39	186	1:43:26
VP7 - Grenzturm	4.75	37:56	7:59	9	8:30	180	17:08	38.68	4:55:23	7:38	9	58:09	182	2:00:34
VP8 - Schönwald	7.53	1:02:10	8:15	8	11:46	156	26:34	46.21	5:57:33	7:44	9	1:09:55	178	2:27:08
VP9 - Falkenseer	5.69	55:53	9:49	11	16:32	196	28:45	51.90	6:53:26	7:57	9	1:26:27	181	2:55:53
VP10 - Karolinenl	6.60	1:02:47	9:30	9	11:14	170	32:38	58.50	7:56:13	8:08	9	1:37:41	176	3:28:31
VP11 - Pagel & Fi	4.90	53:11	10:51	14	16:13	185	30:26	63.40	8:49:24	8:21	9	1:51:46	174	3:58:57
VP12 - Schloss S	7.62	1:22:42	10:51	11	21:07	164	46:55	71.02	10:12:06	8:37	9	1:43:39	168	4:45:52
VP13 - Revierförs	6.21	55:30	8:56	7	4:19	125	25:50	77.23	11:07:36	8:38	9	1:40:15	168	5:11:42
VP14 - Brauhaus	6.00	53:45	8:57	6	8:27	113	24:13	83.23	12:01:21	8:40	9	1:29:04	163	5:35:55
VP15 - Gedenkst.	6.90	1:05:43	9:31	8	13:28	133	31:00	90.13	13:07:04	8:43	9	1:38:04	157	6:06:55
VP16 - Königswe	6.87	1:09:21	10:05	9	15:42	145	35:37	97.00	14:16:25	8:49	10	1:40:06	155	6:42:32
VP17 - Sportplatz	6.20	1:18:16	12:37	9	14:15	137	46:39	103.20	15:34:41	9:03	10	1:47:20	154	7:29:11
VP18 - Osdorfer	6.49	1:08:29	10:33	9	20:11	137	34:32	109.69	16:43:10	9:08	10	2:03:53	151	8:03:43
VP19 - Lichtenra	5.71	1:01:34	10:46	7	22:20	139	32:15	115.40	17:44:44	9:13	10	2:20:00	151	8:35:58
VP20 - Kirchhain	4.35	55:13	12:41	11	21:51	151	30:55	119.75	18:39:57	9:21	10	2:41:51	146	9:06:53
VP21 - Buckow	6.15	1:19:55	12:59	11	24:51	173	44:55	125.90	19:59:52	9:31	10	2:50:29	150	9:51:48
VP22 - Rudow	4.97	59:33	11:58	11	38:10	134	38:10	130.87	20:59:25	9:37	10	3:21:16	144	10:22:42
VP23 - Johannistl	5.89	1:06:13	11:14	7	13:27	112	32:32	136.76	22:05:38	9:41	9	3:23:03	139	10:55:14
VP24 - Dammwe	5.64	1:12:15	12:48	11	23:19	154	40:34	142.40	23:17:53	9:48	9	3:27:48	136	11:35:27
VP25 - Eas Side	6.33	1:05:55	10:24	3	7:52	74	28:35	148.73	24:23:48	9:50	8	3:33:52	130	12:01:18
VP26 - Checkpoir	4.22	38:14	9:03	2	1:47	44	15:21	152.95	25:02:02	9:49	8	3:35:39	128	12:15:28
VP27 - Gedenkst.	4.12	40:25	9:48	4	6:24	48	15:42	157.07	25:42:27	9:49	8	3:27:11	128	12:29:29
Friedrich-Ludwig	4.78	41:26	8:40	4	12:46	61	17:03	161.85	26:23:53	9:47	7	3:31:07	125	12:43:42