



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Hanke, Werner

☐☐☐: 26:25:05

☐☐: LWV- Potsdam

☐☐: 6.09 km/h

☐☐: 303

☐☐☐☐: 9:47 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 142 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 126 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 3(of 8)

Senioren M65 (65-69 Jahre)

☐☐☐☐☐☐☐: 23:15:12

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:27	6:42	3	5:55	155	14:11	6.93	46:27	6:42	3	5:55	155	14:11
VP2 - Laufftreff Li	5.70	36:53	6:28	3	2:05	113	10:57	12.63	1:23:20	6:35	3	8:00	138	25:08
VP3 - Oranienbur	5.47	35:14	6:26	2	2:02	106	11:28	18.10	1:58:34	6:33	2	10:02	126	36:35
VP4 - Naturschut	4.97	33:35	6:45	2	0:02	81	10:26	23.07	2:32:09	6:35	2	10:04	105	47:01
VP5 - Frohnau	6.80	42:36	6:15	1	-	77	12:18	29.87	3:14:45	6:31	2	6:15	101	59:13
VP6 - Ruderclub	4.06	28:51	7:06	1	-	76	10:22	33.93	3:43:36	6:35	1	-	94	1:09:35
VP7 - Grenzturm	4.75	42:41	8:59	6	7:46	211	21:53	38.68	4:26:17	6:53	2	5:46	114	1:31:28
VP8 - Schönwald	7.53	1:04:16	8:32	4	7:27	172	28:40	46.21	5:30:33	7:09	3	10:07	134	2:00:08
VP9 - Falkenseer	5.69	50:12	8:49	5	7:09	164	23:04	51.90	6:20:45	7:20	3	12:46	136	2:23:12
VP10 - Karolinenl	6.60	1:00:43	9:11	3	5:47	155	30:34	58.50	7:21:28	7:32	3	18:33	135	2:53:46
VP11 - Pagel & Fi	4.90	46:37	9:30	1	-	124	23:52	63.40	8:08:05	7:41	3	17:49	133	3:17:38
VP12 - Schloss Si	7.62	1:18:39	10:19	2	1:37	148	42:52	71.02	9:26:44	7:58	2	10:36	130	4:00:30
VP13 - Revierförs	6.21	1:03:00	10:08	4	10:49	186	33:20	77.23	10:29:44	8:09	3	21:25	139	4:33:50
VP14 - Brauhaus	6.00	54:44	9:07	2	6:56	127	25:12	83.23	11:24:28	8:13	2	28:21	136	4:59:02
VP15 - Gedenkst.	6.90	1:16:41	11:06	5	19:42	187	41:58	90.13	12:41:09	8:26	2	48:03	137	5:41:00
VP16 - Königswe	6.87	1:07:59	9:53	3	10:46	136	34:15	97.00	13:49:08	8:32	2	56:40	136	6:15:15
VP17 - Sportplatz	6.20	1:14:04	11:56	2	0:18	117	42:27	103.20	15:03:12	8:45	2	54:12	136	6:57:42
VP18 - Osdorfer	6.49	1:05:43	10:07	3	10:35	125	31:46	109.69	16:08:55	8:49	2	1:04:47	133	7:29:28
VP19 - Lichtenra	5.71	1:03:19	11:05	4	15:15	152	34:00	115.40	17:12:14	8:56	2	1:20:02	137	8:03:28
VP20 - Kirchhain	4.35	57:29	13:12	5	12:23	165	33:11	119.75	18:09:43	9:05	2	1:29:40	135	8:36:39
VP21 - Buckow	6.15	1:05:01	10:34	2	7:14	102	30:01	125.90	19:14:44	9:10	2	1:36:54	128	9:06:40
VP22 - Rudow	4.97	1:08:35	13:47	6	19:41	172	47:12	130.87	20:23:19	9:20	3	1:56:35	131	9:46:36
VP23 - Johannistl	5.89	1:20:20	13:38	5	27:57	167	46:39	136.76	21:43:39	9:31	3	2:20:08	131	10:33:15
VP24 - Dammwe	5.64	1:21:23	14:25	6	27:36	177	49:42	142.40	23:05:02	9:43	3	2:47:44	129	11:22:36
VP25 - Eas Side	6.33	1:07:19	10:38	2	7:17	81	29:59	148.73	24:12:21	9:45	3	2:55:01	128	11:49:51
VP26 - Checkpoir	4.22	39:47	9:25	3	3:51	59	16:54	152.95	24:52:08	9:45	3	2:58:52	127	12:05:34
VP27 - Gedenkst.	4.12	45:36	11:04	3	1:39	83	20:53	157.07	25:37:44	9:47	3	3:00:31	127	12:24:46
Friedrich-Ludwig	4.78	47:21	9:54	4	9:22	102	22:58	161.85	26:25:05	9:47	3	3:09:53	126	12:44:54