



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Luijken, Johan

☐☐☐: 26:26:39

☐☐: nein

☐☐: 6.09 km/h

☐☐: 128

☐☐☐☐: 9:48 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 143 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 127 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 26(of 51)

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	51:49	7:28	50	18:31	229	19:33	6.93	51:49	7:28	50	18:31	229	19:33
VP2 - Laufftreff Li	5.70	41:35	7:17	43	13:56	202	15:39	12.63	1:33:24	7:23	48	32:27	219	35:12
VP3 - Oranienbur	5.47	41:22	7:33	45	15:10	212	17:36	18.10	2:14:46	7:26	47	47:30	216	52:47
VP4 - Naturschut	4.97	43:15	8:42	44	18:24	208	20:06	23.07	2:58:01	7:42	45	1:05:54	212	1:12:53
VP5 - Frohnau	6.80	51:33	7:34	40	18:49	188	21:15	29.87	3:49:34	7:41	45	1:24:43	212	1:34:02
VP6 - Ruderclub	4.06	41:45	10:16	46	20:16	209	23:16	33.93	4:31:19	7:59	46	1:44:59	210	1:57:18
VP7 - Grenzturm	4.75	39:36	8:20	44	14:13	195	18:48	38.68	5:10:55	8:02	46	1:59:12	207	2:16:06
VP8 - Schönwald	7.53	1:03:32	8:26	38	21:05	167	27:56	46.21	6:14:27	8:06	44	2:20:17	202	2:44:02
VP9 - Falkenseer	5.69	48:21	8:29	29	14:31	138	21:13	51.90	7:02:48	8:08	43	2:34:48	193	3:05:15
VP10 - Karolinenl	6.60	57:41	8:44	28	17:29	131	27:32	58.50	8:00:29	8:12	40	2:52:00	183	3:32:47
VP11 - Pagel & Fi	4.90	56:34	11:32	42	26:27	206	33:49	63.40	8:57:03	8:28	38	3:16:43	179	4:06:36
VP12 - Schloss S	7.62	1:22:36	10:50	32	34:23	162	46:49	71.02	10:19:39	8:43	37	3:51:06	176	4:53:25
VP13 - Revierförs	6.21	58:22	9:23	30	17:33	156	28:42	77.23	11:18:01	8:46	35	4:08:29	173	5:22:07
VP14 - Brauhaus	6.00	59:27	9:54	32	17:16	159	29:55	83.23	12:17:28	8:51	35	4:25:20	173	5:52:02
VP15 - Gedenkst.	6.90	1:12:13	10:27	33	27:05	162	37:30	90.13	13:29:41	8:59	33	4:47:46	168	6:29:32
VP16 - Königswe	6.87	59:53	8:42	13	11:11	61	26:09	97.00	14:29:34	8:57	33	4:58:57	162	6:55:41
VP17 - Sportplatz	6.20	44:49	7:13	1	-	14	13:12	103.20	15:14:23	8:51	30	4:58:12	145	7:08:53
VP18 - Osdorfer	6.49	1:35:53	14:46	40	49:32	195	1:01:56	109.69	16:50:16	9:12	31	5:45:43	153	8:10:49
VP19 - Lichtenrav	5.71	1:03:30	11:07	34	23:32	154	34:11	115.40	17:53:46	9:18	31	6:06:11	153	8:45:00
VP20 - Kirchhain	4.35	59:10	13:36	35	27:53	171	34:52	119.75	18:52:56	9:27	30	6:29:41	151	9:19:52
VP21 - Buckow	6.15	1:10:14	11:25	26	26:56	134	35:14	125.90	20:03:10	9:33	30	6:53:59	152	9:55:06
VP22 - Rudow	4.97	55:11	11:06	26	17:50	110	33:48	130.87	20:58:21	9:36	29	7:07:14	143	10:21:38
VP23 - Johannistl	5.89	1:16:23	12:58	35	30:41	156	42:42	136.76	22:14:44	9:45	29	7:36:11	143	11:04:20
VP24 - Dammwe	5.64	52:50	9:22	10	12:19	50	21:09	142.40	23:07:34	9:44	28	7:38:36	132	11:25:08
VP25 - Eas Side	6.33	1:17:50	12:17	30	29:54	134	40:30	148.73	24:25:24	9:51	26	8:02:38	131	12:02:54
VP26 - Checkpoir	4.22	39:13	9:17	13	9:33	53	16:20	152.95	25:04:37	9:50	26	8:09:50	129	12:18:03
VP27 - Gedenkst.	4.12	47:32	11:32	21	16:25	95	22:49	157.07	25:52:09	9:52	26	8:22:38	129	12:39:11
Friedrich-Ludwig	4.78	34:30	7:13	6	6:32	25	10:07	161.85	26:26:39	9:48	26	8:22:48	127	12:46:28