



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Rohwedder, Karl

☐☐☐: 26:31:48

☐☐: 100 MC / LG DUV / TEA

☐☐: 6.07 km/h

☐☐: 120

☐☐☐☐: 9:50 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 144 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 128 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 8(of 15)

Senioren M60 (60-64 Jahre)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	45:54	6:37	5	4:42	138	13:38	6.93	45:54	6:37	5	4:42	138	13:38
VP2 - Laufftreff Li	5.70	36:13	6:21	2	2:47	99	10:17	12.63	1:22:07	6:30	4	7:29	121	23:55
VP3 - Oranienbur	5.47	33:34	6:08	2	2:02	85	9:48	18.10	1:55:41	6:23	2	9:31	106	33:42
VP4 - Naturschut	4.97	36:10	7:16	5	3:16	124	13:01	23.07	2:31:51	6:34	2	12:47	103	46:43
VP5 - Frohnau	6.80	44:18	6:30	2	4:05	97	14:00	29.87	3:16:09	6:34	2	16:52	103	1:00:37
VP6 - Ruderclub	4.06	44:27	10:56	13	15:56	222	25:58	33.93	4:00:36	7:05	3	32:48	145	1:26:35
VP7 - Grenzturm	4.75	1:34:24	19:52	15	1:04:58	237	1:13:36	38.68	5:35:00	8:39	14	1:37:46	230	2:40:11
VP8 - Schönwald	7.53	58:19	7:44	5	7:55	124	22:43	46.21	6:33:19	8:30	12	1:45:41	218	3:02:54
VP9 - Falkenseer	5.69	45:47	8:02	7	6:26	106	18:39	51.90	7:19:06	8:27	12	1:52:07	207	3:21:33
VP10 - Karolinenl	6.60	1:04:00	9:41	11	12:27	180	33:51	58.50	8:23:06	8:35	10	2:04:34	201	3:55:24
VP11 - Pagel & Fi	4.90	44:50	9:08	5	7:52	111	22:05	63.40	9:07:56	8:38	10	2:10:18	188	4:17:29
VP12 - Schloss S	7.62	1:18:35	10:18	9	17:00	147	42:48	71.02	10:26:31	8:49	10	1:58:04	180	5:00:17
VP13 - Revierförs	6.21	56:31	9:06	8	5:20	137	26:51	77.23	11:23:02	8:50	10	1:55:41	177	5:27:08
VP14 - Brauhaus	6.00	48:11	8:01	3	2:53	52	18:39	83.23	12:11:13	8:47	10	1:38:56	167	5:45:47
VP15 - Gedenkst.	6.90	1:00:18	8:44	4	8:03	97	25:35	90.13	13:11:31	8:46	10	1:42:31	159	6:11:22
VP16 - Königswe	6.87	1:01:33	8:57	2	7:54	78	27:49	97.00	14:13:04	8:47	9	1:36:45	154	6:39:11
VP17 - Sportplatz	6.20	1:19:23	12:48	11	15:22	141	47:46	103.20	15:32:27	9:02	9	1:45:06	151	7:26:57
VP18 - Osdorfer	6.49	1:08:48	10:36	10	20:30	142	34:51	109.69	16:41:15	9:07	9	2:01:58	150	8:01:48
VP19 - Lichtenrav	5.71	1:01:36	10:47	8	22:22	140	32:17	115.40	17:42:51	9:12	9	2:18:07	150	8:34:05
VP20 - Kirchhain	4.35	50:50	11:41	7	17:28	122	26:32	119.75	18:33:41	9:18	9	2:35:35	145	9:00:37
VP21 - Buckow	6.15	1:01:31	10:00	4	6:27	85	26:31	125.90	19:35:12	9:20	8	2:25:49	139	9:27:08
VP22 - Rudow	4.97	1:02:45	12:37	12	41:22	157	41:22	130.87	20:37:57	9:27	7	2:59:48	136	10:01:14
VP23 - Johannistl	5.89	1:13:22	12:27	11	20:36	142	39:41	136.76	21:51:19	9:35	7	3:08:44	132	10:40:55
VP24 - Dammwe	5.64	59:14	10:30	4	10:18	92	27:33	142.40	22:50:33	9:37	7	3:00:28	127	11:08:07
VP25 - Eas Side	6.33	1:11:04	11:13	7	13:01	97	33:44	148.73	24:01:37	9:41	7	3:11:41	126	11:39:07
VP26 - Checkpoir	4.22	43:00	10:11	7	6:33	92	20:07	152.95	24:44:37	9:42	7	3:18:14	126	11:58:03
VP27 - Gedenkst.	4.12	51:58	12:36	11	17:57	132	27:15	157.07	25:36:35	9:46	7	3:21:19	126	12:23:37
Friedrich-Ludwig	4.78	55:13	11:33	10	26:33	151	30:50	161.85	26:31:48	9:50	8	3:39:02	128	12:51:37