



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Jaß, Matthias

☐☐: n.s.k.berlin

☐☐: 121

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M40 (40-44 Jahre)

☐☐☐: 26:39:25

☐☐: 6.04 km/h

☐☐☐☐: 9:53 min/km

☐☐☐☐☐/☐☐☐☐: 147 (of 296)

☐☐☐☐☐/☐☐: 129 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 20(of 38)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	40:30	5:50	16	7:51	59	8:14	6.93	40:30	5:50	16	7:51	59	8:14
VP2 - Laufftreff Li	5.70	33:52	5:56	18	6:21	68	7:56	12.63	1:14:22	5:53	16	14:12	62	16:10
VP3 - Oranienbur	5.47	33:55	6:12	20	8:57	91	10:09	18.10	1:48:17	5:58	19	23:09	72	26:18
VP4 - Naturschut	4.97	32:06	6:27	13	6:28	61	8:57	23.07	2:20:23	6:05	19	29:37	70	35:15
VP5 - Frohnau	6.80	42:38	6:16	17	10:40	78	12:20	29.87	3:03:01	6:07	18	40:17	75	47:29
VP6 - Ruderclub	4.06	29:00	7:08	15	9:21	81	10:31	33.93	3:32:01	6:14	16	49:38	71	58:00
VP7 - Grenzturm	4.75	33:13	6:59	18	10:35	102	12:25	38.68	4:05:14	6:20	16	1:00:13	74	1:10:25
VP8 - Schönwald	7.53	52:14	6:56	13	14:29	66	16:38	46.21	4:57:28	6:26	17	1:14:42	73	1:27:03
VP9 - Falkenseer	5.69	43:16	7:36	16	13:07	83	16:08	51.90	5:40:44	6:33	15	1:27:49	71	1:43:11
VP10 - Karolinenl	6.60	55:54	8:28	21	21:22	112	25:45	58.50	6:36:38	6:46	16	1:49:11	73	2:08:56
VP11 - Pagel & Fi	4.90	47:38	9:43	23	20:25	136	24:53	63.40	7:24:16	7:00	16	2:09:36	76	2:33:49
VP12 - Schloss Si	7.62	1:16:46	10:04	24	32:59	133	40:59	71.02	8:41:02	7:20	18	2:42:35	86	3:14:48
VP13 - Revierförs	6.21	54:17	8:44	19	16:59	115	24:37	77.23	9:35:19	7:26	18	2:59:34	85	3:39:25
VP14 - Brauhaus	6.00	50:37	8:26	13	13:15	80	21:05	83.23	10:25:56	7:31	17	3:12:49	82	4:00:30
VP15 - Gedenkst.	6.90	58:14	8:26	16	18:20	85	23:31	90.13	11:24:10	7:35	16	3:31:09	84	4:24:01
VP16 - Königswe	6.87	1:00:05	8:44	10	19:16	64	26:21	97.00	12:24:15	7:40	16	3:50:25	80	4:50:22
VP17 - Sportplatz	6.20	1:21:44	13:10	25	42:32	151	50:07	103.20	13:45:59	8:00	18	4:32:57	87	5:40:29
VP18 - Osdorfer	6.49	1:00:18	9:17	15	19:16	97	26:21	109.69	14:46:17	8:04	17	4:52:13	86	6:06:50
VP19 - Lichtenra	5.71	49:17	8:37	11	14:11	66	19:58	115.40	15:35:34	8:06	16	5:05:31	86	6:26:48
VP20 - Kirchhain	4.35	43:58	10:06	13	16:18	78	19:40	119.75	16:19:32	8:10	14	5:19:01	83	6:46:28
VP21 - Buckow	6.15	1:08:58	11:12	21	30:39	124	33:58	125.90	17:28:30	8:19	15	5:47:42	85	7:20:26
VP22 - Rudow	4.97	54:07	10:53	17	23:38	100	32:44	130.87	18:22:37	8:25	15	6:09:17	85	7:45:54
VP23 - Johannistl	5.89	1:19:07	13:25	26	41:48	164	45:26	136.76	19:41:44	8:38	15	6:49:56	92	8:31:20
VP24 - Dammwe	5.64	1:06:43	11:49	20	30:47	133	35:02	142.40	20:48:27	8:46	15	7:18:50	96	9:06:01
VP25 - Eas Side	6.33	1:48:47	17:11	29	1:06:23	180	1:11:27	148.73	22:37:14	9:07	18	8:24:27	105	10:14:44
VP26 - Checkpoir	4.22	1:19:43	18:53	29	54:41	180	56:50	152.95	23:56:57	9:23	19	9:15:58	113	11:10:23
VP27 - Gedenkst.	4.12	1:21:38	19:48	29	55:46	179	56:55	157.07	25:18:35	9:40	19	10:11:44	121	12:05:37
Friedrich-Ludwig	4.78	1:20:50	16:54	29	52:38	179	56:27	161.85	26:39:25	9:52	20	11:04:22	129	12:59:14