



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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FESTA, EGIDIO

☐☐: ATLETICA FRANCIACORTA

☐☐: 298

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M60 (60-64 Jahre)

☐☐☐: 26:51:44

☐☐: 5.99 km/h

☐☐☐☐: 9:58 min/km

☐☐☐☐☐/☐☐☐☐: 149 (of 296)

☐☐☐☐☐/☐☐: 131 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 9(of 15)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:20	6:23	2	3:08	113	12:04	6.93	44:20	6:23	2	3:08	113	12:04
VP2 - Laufftreff Li	5.70	37:22	6:33	4	3:56	126	11:26	12.63	1:21:42	6:28	2	7:04	112	23:30
VP3 - Oranienbur	5.47	35:20	6:27	4	3:48	109	11:34	18.10	1:57:02	6:27	3	10:52	111	35:03
VP4 - Naturschut	4.97	35:50	7:12	3	2:56	113	12:41	23.07	2:32:52	6:37	3	13:48	110	47:44
VP5 - Frohnau	6.80	50:01	7:21	5	9:48	173	19:43	29.87	3:22:53	6:47	4	23:36	131	1:07:21
VP6 - Ruderclub	4.06	57:16	14:06	15	28:45	237	38:47	33.93	4:20:09	7:40	11	52:21	194	1:46:08
VP7 - Grenzturm	4.75	31:54	6:42	3	2:28	78	11:06	38.68	4:52:03	7:33	7	54:49	174	1:57:14
VP8 - Schönwald	7.53	53:25	7:05	3	3:01	73	17:49	46.21	5:45:28	7:28	5	57:50	154	2:15:03
VP9 - Falkenseer	5.69	45:31	7:59	5	6:10	104	18:23	51.90	6:30:59	7:32	5	1:04:00	151	2:33:26
VP10 - Karolinenl	6.60	1:01:10	9:16	6	9:37	161	31:01	58.50	7:32:09	7:43	6	1:13:37	150	3:04:27
VP11 - Pagel & Fi	4.90	47:05	9:36	8	10:07	130	24:20	63.40	8:19:14	7:52	6	1:21:36	144	3:28:47
VP12 - Schloss S	7.62	1:07:53	8:54	3	6:18	89	32:06	71.02	9:27:07	7:59	6	58:40	131	4:00:53
VP13 - Revierförs	6.21	55:24	8:55	6	4:13	124	25:44	77.23	10:22:31	8:03	6	55:10	130	4:26:37
VP14 - Brauhaus	6.00	55:33	9:15	7	10:15	129	26:01	83.23	11:18:04	8:08	6	45:47	131	4:52:38
VP15 - Gedenkst.	6.90	1:05:55	9:33	9	13:40	136	31:12	90.13	12:23:59	8:15	6	54:59	127	5:23:50
VP16 - Königswe	6.87	1:07:46	9:51	7	14:07	133	34:02	97.00	13:31:45	8:22	6	55:26	125	5:57:52
VP17 - Sportplatz	6.20	1:15:08	12:07	6	11:07	121	43:31	103.20	14:46:53	8:35	6	59:32	123	6:41:23
VP18 - Osdorfer	6.49	1:14:15	11:26	12	25:57	165	40:18	109.69	16:01:08	8:45	6	1:21:51	130	7:21:41
VP19 - Lichtenrav	5.71	1:03:22	11:05	10	24:08	153	34:03	115.40	17:04:30	8:52	7	1:39:46	130	7:55:44
VP20 - Kirchhain	4.35	48:39	11:11	6	15:17	110	24:21	119.75	17:53:09	8:57	7	1:55:03	128	8:20:05
VP21 - Buckow	6.15	1:27:37	14:14	13	32:33	185	52:37	125.90	19:20:46	9:13	7	2:11:23	130	9:12:42
VP22 - Rudow	4.97	1:17:30	15:35	13	56:07	181	56:07	130.87	20:38:16	9:27	8	3:00:07	137	10:01:33
VP23 - Johannistl	5.89	1:31:07	15:28	13	38:21	179	57:26	136.76	22:09:23	9:43	10	3:26:48	141	10:58:59
VP24 - Dammwe	5.64	1:20:59	14:21	13	32:03	176	49:18	142.40	23:30:22	9:54	10	3:40:17	140	11:47:56
VP25 - Eas Side	6.33	1:20:49	12:46	11	22:46	148	43:29	148.73	24:51:11	10:01	10	4:01:15	139	12:28:41
VP26 - Checkpoir	4.22	40:32	9:36	4	4:05	69	17:39	152.95	25:31:43	10:00	9	4:05:20	135	12:45:09
VP27 - Gedenkst.	4.12	38:06	9:14	2	4:05	35	13:23	157.07	26:09:49	9:59	9	3:54:33	132	12:56:51
Friedrich-Ludwig	4.78	41:55	8:46	5	13:15	68	17:32	161.85	26:51:44	9:57	9	3:58:58	131	13:11:33