



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Seifert, Anja

☐☐: PSV Kamenz

☐☐: 51

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W35 (35-39 Jahre)

☐☐☐: 27:01:28

☐☐: 5.96 km/h

☐☐☐☐: 10:01 min/km

☐☐☐☐☐/☐☐☐☐: 150 (of 296)

☐☐☐☐☐/☐: 19 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 4(of 7)

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