



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Menz, Judit

☐☐: ETSV Lauda  
☐☐: 336

☐☐: 161.85 km  
100MeilenBerlin

☐☐☐☐:  
Seniorinnen W40 (40-44 Jahre)

☐☐☐: 27:03:37

☐☐: 5.95 km/h  
☐☐☐☐: 10:02 min/km

☐☐☐☐☐/☐☐☐☐: 152 (of 296)

☐☐☐☐☐/☐: 20 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 5(of 9)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	48:52	7:03	8	6:21	29	10:43	6.93	48:52	7:03	8	6:21	29	10:43
VP2 - Laufftreff Li	5.70	39:45	6:58	6	5:06	24	7:41	12.63	1:28:37	7:00	6	11:27	26	18:02
VP3 - Oranienbur	5.47	38:12	6:59	5	5:06	23	8:55	18.10	2:06:49	7:00	6	16:33	26	26:46
VP4 - Naturschut	4.97	39:22	7:55	5	5:51	25	11:14	23.07	2:46:11	7:12	6	22:16	26	38:00
VP5 - Frohnau	6.80	49:52	7:20	7	7:09	22	13:09	29.87	3:36:03	7:13	5	29:25	23	51:09
VP6 - Ruderclub	4.06	38:59	9:36	8	7:19	35	16:59	33.93	4:15:02	7:30	7	36:44	27	1:08:08
VP7 - Grenzturm	4.75	35:28	7:28	5	2:58	19	9:49	38.68	4:50:30	7:30	6	39:33	22	1:17:57
VP8 - Schönwald	7.53	1:06:24	8:49	6	12:25	29	24:48	46.21	5:56:54	7:43	6	49:14	26	1:42:45
VP9 - Falkenseer	5.69	45:35	8:00	4	2:51	15	13:38	51.90	6:42:29	7:45	6	44:51	22	1:56:23
VP10 - Karolinenl	6.60	57:33	8:43	5	7:57	19	20:18	58.50	7:40:02	7:51	6	51:09	22	2:16:41
VP11 - Pagel & Fi	4.90	44:43	9:07	4	7:20	18	16:55	63.40	8:24:45	7:57	6	54:45	19	2:33:36
VP12 - Schloss S	7.62	1:11:43	9:24	3	12:52	14	27:57	71.02	9:36:28	8:07	5	1:02:49	16	3:01:33
VP13 - Revierförs	6.21	49:30	7:58	2	1:48	10	12:47	77.23	10:25:58	8:06	5	1:04:37	17	3:14:20
VP14 - Brauhaus	6.00	50:31	8:25	3	5:20	12	13:11	83.23	11:16:29	8:07	5	1:03:26	17	3:27:31
VP15 - Gedenkst.	6.90	59:13	8:34	3	4:26	13	20:38	90.13	12:15:42	8:09	5	1:06:00	17	3:48:09
VP16 - Königswe	6.87	1:02:25	9:05	3	7:35	14	20:50	97.00	13:18:07	8:13	5	1:13:35	17	4:08:59
VP17 - Sportplatz	6.20	56:56	9:10	2	0:24	8	21:57	103.20	14:15:03	8:17	4	1:13:59	14	4:30:56
VP18 - Osdorfer	6.49	1:37:59	15:05	6	47:47	37	58:31	109.69	15:53:02	8:41	5	2:01:46	17	5:21:58
VP19 - Lichtenrav	5.71	1:02:59	11:01	5	17:18	26	26:54	115.40	16:56:01	8:48	5	2:19:04	17	5:48:52
VP20 - Kirchhain	4.35	50:08	11:31	3	9:52	16	23:15	119.75	17:46:09	8:54	5	2:28:56	18	6:12:07
VP21 - Buckow	6.15	1:10:49	11:30	4	16:38	24	34:13	125.90	18:56:58	9:01	5	2:45:34	16	6:46:20
VP22 - Rudow	4.97	59:11	11:54	4	16:04	23	27:02	130.87	19:56:09	9:08	5	2:54:17	17	7:13:22
VP23 - Johannistl	5.89	1:16:35	13:00	5	26:48	27	39:04	136.76	21:12:44	9:18	5	3:11:55	16	7:52:26
VP24 - Dammwe	5.64	1:35:24	16:54	6	47:10	34	59:48	142.40	22:48:08	9:36	5	3:50:44	17	8:52:14
VP25 - Eas Side	6.33	1:25:23	13:29	6	25:20	32	45:17	148.73	24:13:31	9:46	5	4:10:00	18	9:37:31
VP26 - Checkpoir	4.22	56:00	13:16	6	22:16	34	29:51	152.95	25:09:31	9:52	5	4:26:09	19	10:07:22
VP27 - Gedenkst.	4.12	1:00:20	14:38	5	26:58	33	32:48	157.07	26:09:51	9:59	5	4:42:09	20	10:40:10
Friedrich-Ludwig	4.78	53:46	11:14	5	18:16	28	25:48	161.85	27:03:37	10:01	5	4:49:23	20	11:05:58