



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

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Jensen, Allan

□□: FRØS

□□: 84

□□: 161.85 km
100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 27:09:50

□□: 5.93 km/h

□□□□: 10:04 min/km

□□□□□/□□□□: 153 (of 296)

□□□□□/□: 133 (of 247)

□□□□□□: 13:40:11

□□□□□: 34(of 53)

□□□□□□□: 15:34:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - S-Bahnhof	6.93	38:17	5:31	8	6:01	32	6:01	6.93	38:17	5:31	8	6:01	32	6:01
VP2 - Laufftreff Li	5.70	34:52	6:07	21	8:56	89	8:56	12.63	1:13:09	5:47	11	14:56	51	14:57
VP3 - Oranienbur	5.47	40:13	7:21	44	16:27	203	16:27	18.10	1:53:22	6:15	20	31:23	94	31:23
VP4 - Naturschut	4.97	38:08	7:40	36	14:59	158	14:59	23.07	2:31:30	6:34	25	46:22	102	46:22
VP5 - Frohnau	6.80	49:09	7:13	39	18:43	163	18:51	29.87	3:20:39	6:43	30	1:05:05	120	1:05:07
VP6 - Ruderclub	4.06	43:21	10:40	45	24:51	216	24:52	33.93	4:04:00	7:11	37	1:29:56	154	1:29:59
VP7 - Grenzturm	4.75	37:25	7:52	40	15:07	173	16:37	38.68	4:41:25	7:16	36	1:45:03	154	1:46:36
VP8 - Schönwald	7.53	1:08:41	9:07	44	30:56	199	33:05	46.21	5:50:06	7:34	38	2:15:59	164	2:19:41
VP9 - Falkenseer	5.69	43:16	7:36	21	12:44	83	16:08	51.90	6:33:22	7:34	35	2:28:43	156	2:35:49
VP10 - Karolinenl	6.60	54:35	8:16	28	19:33	101	24:26	58.50	7:27:57	7:39	34	2:45:25	145	3:00:15
VP11 - Pagel & Fi	4.90	50:34	10:19	38	23:52	167	27:49	63.40	8:18:31	7:51	34	3:09:08	142	3:28:04
VP12 - Schloss S	7.62	1:36:36	12:40	44	53:10	208	1:00:49	71.02	9:55:07	8:22	37	4:02:09	156	4:28:53
VP13 - Revierförs	6.21	59:17	9:32	42	24:03	168	29:37	77.23	10:54:24	8:28	37	4:24:43	156	4:58:30
VP14 - Brauhaus	6.00	48:55	8:09	19	14:43	60	19:23	83.23	11:43:19	8:27	36	4:35:43	147	5:17:53
VP15 - Gedenkst.	6.90	1:04:16	9:18	31	28:08	123	29:33	90.13	12:47:35	8:30	36	4:53:59	146	5:47:26
VP16 - Königswe	6.87	1:05:46	9:34	32	20:57	123	32:02	97.00	13:53:21	8:35	37	5:11:28	143	6:19:28
VP17 - Sportplatz	6.20	1:43:35	16:42	43	1:08:59	200	1:11:58	103.20	15:36:56	9:04	37	6:17:56	155	7:31:26
VP18 - Osdorfer	6.49	1:11:36	11:01	36	28:20	154	37:39	109.69	16:48:32	9:11	37	6:46:16	152	8:09:05
VP19 - Lichtenra	5.71	1:02:59	11:01	34	27:56	149	33:40	115.40	17:51:31	9:17	37	7:09:55	152	8:42:45
VP20 - Kirchhain	4.35	51:51	11:55	36	22:11	129	27:33	119.75	18:43:22	9:22	37	7:32:06	148	9:10:18
VP21 - Buckow	6.15	1:24:11	13:41	42	45:49	181	49:11	125.90	20:07:33	9:35	38	8:14:31	153	9:59:29
VP22 - Rudow	4.97	1:01:09	12:18	33	30:50	147	39:46	130.87	21:08:42	9:41	37	8:33:55	145	10:31:59
VP23 - Johannistl	5.89	1:09:20	11:46	30	32:29	127	35:39	136.76	22:18:02	9:47	36	9:04:57	144	11:07:38
VP24 - Dammwe	5.64	1:09:15	12:16	33	37:34	141	37:34	142.40	23:27:17	9:52	35	9:42:31	139	11:44:51
VP25 - Eas Side	6.33	1:15:49	11:58	28	38:29	123	38:29	148.73	24:43:06	9:58	35	10:21:00	137	12:20:36
VP26 - Checkpoir	4.22	42:56	10:10	21	20:03	91	20:03	152.95	25:26:02	9:58	34	10:41:03	133	12:39:28
VP27 - Gedenkst.	4.12	52:55	12:50	30	28:12	138	28:12	157.07	26:18:57	10:03	34	11:09:15	135	13:05:59
Friedrich-Ludwig	4.78	50:53	10:38	27	26:30	115	26:30	161.85	27:09:50	10:04	34	11:35:45	133	13:29:39