



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

quadrani, armando

☐☐: asd amatori castelfusano

☐☐: 39

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 27:12:43

☐☐: 5.92 km/h

☐☐☐☐: 10:05 min/km

☐☐☐☐☐/☐☐☐☐: 154 (of 296)

☐☐☐☐☐/☐: 134 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 27(of 51)

☐☐☐☐☐☐☐: 18:03:51

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	38:50	5:36	6	5:32	37	6:34	6.93	38:50	5:36	6	5:32	37	6:34
VP2 - Laufftreff Li	5.70	31:17	5:29	4	3:38	19	5:21	12.63	1:10:07	5:33	4	9:10	26	11:55
VP3 - Oranienbur	5.47	30:29	5:34	6	4:17	33	6:43	18.10	1:40:36	5:33	4	13:20	29	18:37
VP4 - Naturschut	4.97	29:55	6:01	8	5:04	28	6:46	23.07	2:10:31	5:39	5	18:24	26	25:23
VP5 - Frohnau	6.80	40:42	5:59	11	7:58	52	10:24	29.87	2:51:13	5:43	5	26:22	29	35:41
VP6 - Ruderclub	4.06	27:35	6:47	14	6:06	57	9:06	33.93	3:18:48	5:51	8	32:28	33	44:47
VP7 - Grenzturm	4.75	31:47	6:41	16	6:24	76	10:59	38.68	3:50:35	5:57	10	38:52	41	55:46
VP8 - Schönwald	7.53	56:55	7:33	23	14:28	115	21:19	46.21	4:47:30	6:13	12	53:20	52	1:17:05
VP9 - Falkenseer	5.69	50:07	8:48	34	16:17	160	22:59	51.90	5:37:37	6:30	15	1:09:37	67	1:40:04
VP10 - Karolinenl	6.60	56:06	8:30	21	15:54	115	25:57	58.50	6:33:43	6:43	14	1:25:14	68	2:06:01
VP11 - Pagel & Fi	4.90	51:03	10:25	34	20:56	169	28:18	63.40	7:24:46	7:00	13	1:44:26	77	2:34:19
VP12 - Schloss S	7.62	1:32:26	12:07	40	44:13	198	56:39	71.02	8:57:12	7:33	19	2:28:39	99	3:30:58
VP13 - Revierförs	6.21	1:10:49	11:24	43	30:00	213	41:09	77.23	10:08:01	7:52	23	2:58:29	116	4:12:07
VP14 - Brauhaus	6.00	1:03:31	10:35	39	21:20	180	33:59	83.23	11:11:32	8:04	24	3:19:24	120	4:46:06
VP15 - Gedenkst.	6.90	1:07:08	9:43	30	22:00	144	32:25	90.13	12:18:40	8:11	25	3:36:45	124	5:18:31
VP16 - Königswe	6.87	1:18:33	11:26	37	29:51	183	44:49	97.00	13:37:13	8:25	27	4:06:36	128	6:03:20
VP17 - Sportplatz	6.20	1:31:17	14:43	37	46:28	179	59:40	103.20	15:08:30	8:48	29	4:52:19	141	7:03:00
VP18 - Osdorfer	6.49	1:13:59	11:23	35	27:38	163	40:02	109.69	16:22:29	8:57	28	5:17:56	143	7:43:02
VP19 - Lichtenra	5.71	1:04:09	11:14	36	24:11	158	34:50	115.40	17:26:38	9:04	28	5:39:03	143	8:17:52
VP20 - Kirchhain	4.35	56:06	12:53	33	24:49	160	31:48	119.75	18:22:44	9:12	27	5:59:29	139	8:49:40
VP21 - Buckow	6.15	1:16:52	12:29	35	33:34	162	41:52	125.90	19:39:36	9:22	26	6:30:25	142	9:31:32
VP22 - Rudow	4.97	1:01:05	12:17	34	23:44	145	39:42	130.87	20:40:41	9:28	27	6:49:34	139	10:03:58
VP23 - Johannistl	5.89	1:21:02	13:45	38	35:20	170	47:21	136.76	22:01:43	9:39	28	7:23:10	136	10:51:19
VP24 - Dammwe	5.64	1:10:52	12:33	32	30:21	150	39:11	142.40	23:12:35	9:46	29	7:43:37	133	11:30:09
VP25 - Eas Side	6.33	1:22:35	13:02	33	34:39	154	45:15	148.73	24:35:10	9:55	28	8:12:24	134	12:12:40
VP26 - Checkpoir	4.22	48:49	11:34	30	19:09	135	25:56	152.95	25:23:59	9:57	27	8:29:12	131	12:37:25
VP27 - Gedenkst.	4.12	54:19	13:11	31	23:12	142	29:36	157.07	26:18:18	10:02	27	8:48:47	133	13:05:20
Friedrich-Ludwig	4.78	54:25	11:23	32	26:27	144	30:02	161.85	27:12:43	10:05	27	9:08:52	134	13:32:32