



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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**Firmani, Mauro**

☐☐☐: 27:12:43

☐☐: Trail dei due laghi

☐☐: 5.92 km/h

☐☐: 293

☐☐☐☐: 10:05 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 155 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 134 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 13(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	38:50	5:36	5	3:37	37	6:34	6.93	38:50	5:36	5	3:37	37	6:34
VP2 - Laufftreff Li	5.70	32:00	5:36	4	1:49	30	6:04	12.63	1:10:50	5:36	4	5:26	35	12:38
VP3 - Oranienbur	5.47	29:35	5:24	2	0:54	20	5:49	18.10	1:40:25	5:32	3	6:20	25	18:26
VP4 - Naturschut	4.97	28:35	5:45	2	0:11	21	5:26	23.07	2:09:00	5:35	2	6:31	21	23:52
VP5 - Frohnau	6.80	39:36	5:49	3	3:09	32	9:18	29.87	2:48:36	5:38	2	9:40	22	33:04
VP6 - Ruderclub	4.06	28:29	7:00	6	5:07	68	10:00	33.93	3:17:05	5:48	2	14:47	27	43:04
VP7 - Grenzturm	4.75	30:08	6:20	6	3:39	61	9:20	38.68	3:47:13	5:52	2	18:26	33	52:24
VP8 - Schönwald	7.53	50:44	6:44	7	8:02	57	15:08	46.21	4:37:57	6:00	3	26:28	36	1:07:32
VP9 - Falkenseer	5.69	41:21	7:16	8	7:37	64	14:13	51.90	5:19:18	6:09	4	34:05	41	1:21:45
VP10 - Karolinenl	6.60	1:11:28	10:49	22	33:14	212	41:19	58.50	6:30:46	6:40	8	1:07:19	65	2:03:04
VP11 - Pagel & Fi	4.90	54:00	11:01	21	21:34	191	31:15	63.40	7:24:46	7:00	9	1:28:35	77	2:34:19
VP12 - Schloss S	7.62	1:32:25	12:07	21	46:40	197	56:38	71.02	8:57:11	7:33	9	2:15:15	98	3:30:57
VP13 - Revierförs	6.21	1:10:49	11:24	25	29:19	213	41:09	77.23	10:08:00	7:52	10	2:44:34	115	4:12:06
VP14 - Brauhaus	6.00	1:03:32	10:35	21	24:20	182	34:00	83.23	11:11:32	8:04	10	3:08:54	120	4:46:06
VP15 - Gedenkst.	6.90	1:12:30	10:30	18	29:20	164	37:47	90.13	12:24:02	8:15	12	3:38:05	128	5:23:53
VP16 - Königswe	6.87	1:13:15	10:39	18	28:18	160	39:31	97.00	13:37:17	8:25	12	4:02:10	129	6:03:24
VP17 - Sportplatz	6.20	1:31:15	14:43	23	48:22	176	59:38	103.20	15:08:32	8:48	14	4:48:45	142	7:03:02
VP18 - Osdorfer	6.49	1:13:53	11:23	17	33:54	161	39:56	109.69	16:22:25	8:57	15	5:22:39	142	7:42:58
VP19 - Lichtenrav	5.71	1:04:25	11:16	17	27:46	160	35:06	115.40	17:26:50	9:04	15	5:50:25	144	8:18:04
VP20 - Kirchhain	4.35	55:55	12:51	17	27:47	156	31:37	119.75	18:22:45	9:12	14	6:18:12	140	8:49:41
VP21 - Buckow	6.15	1:16:33	12:26	21	35:34	161	41:33	125.90	19:39:18	9:22	14	6:53:46	141	9:31:14
VP22 - Rudow	4.97	1:01:21	12:20	17	28:54	149	39:58	130.87	20:40:39	9:28	14	7:22:40	138	10:03:56
VP23 - Johannistl	5.89	1:21:06	13:46	19	43:16	171	47:25	136.76	22:01:45	9:39	14	8:05:56	137	10:51:21
VP24 - Dammwe	5.64	1:10:55	12:34	17	34:54	151	39:14	142.40	23:12:40	9:46	13	8:40:50	134	11:30:14
VP25 - Eas Side	6.33	1:22:28	13:01	17	36:52	153	45:08	148.73	24:35:08	9:55	13	9:17:20	133	12:12:38
VP26 - Checkpoir	4.22	51:09	12:07	17	23:50	150	28:16	152.95	25:26:17	9:58	13	9:27:57	134	12:39:43
VP27 - Gedenkst.	4.12	52:03	12:38	16	20:08	133	27:20	157.07	26:18:20	10:02	13	9:48:05	134	13:05:22
Friedrich-Ludwig	4.78	54:23	11:22	13	26:50	143	30:00	161.85	27:12:43	10:05	13	10:13:12	134	13:32:32