



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Richter, Andrea

☐☐: SC Hammaburgt

☐☐: 333

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W55 (55-59 Jahre)

☐☐☐: 27:14:12

☐☐: 5.91 km/h

☐☐☐☐: 10:06 min/km

☐☐☐☐☐/☐☐☐☐: 156 (of 296)

☐☐☐☐☐/☐: 21 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 2(of 6)

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