



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Drexler, Hans

☐☐: Lahmsoggen Nation

☐☐: 132

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M60 (60-64 Jahre)

☐☐☐: 27:14:30

☐☐: 5.91 km/h

☐☐☐☐: 10:06 min/km

☐☐☐☐☐/☐☐☐☐: 157 (of 296)

☐☐☐☐☐/☐☐: 136 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 10(of 15)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	56:29	8:09	14	15:17	238	6.93	56:29	8:09	14	15:17	238	24:13
VP2 - Laufftreff Li	5.70	44:46	7:51	14	11:20	232	12.63	1:41:15	8:00	14	26:37	235	43:03
VP3 - Oranienbur	5.47	46:20	8:28	14	14:48	236	18.10	2:27:35	8:09	14	41:25	236	1:05:36
VP4 - Naturschut	4.97	43:30	8:45	13	10:36	211	23.07	3:11:05	8:16	14	52:01	235	1:25:57
VP5 - Frohnau	6.80	57:11	8:24	13	16:58	223	29.87	4:08:16	8:18	14	1:08:59	234	1:52:44
VP6 - Ruderclub	4.06	37:56	9:20	9	9:25	187	33.93	4:46:12	8:26	13	1:18:24	228	2:12:11
VP7 - Grenzturm	4.75	43:19	9:07	12	13:53	215	38.68	5:29:31	8:31	13	1:32:17	224	2:34:42
VP8 - Schönwald	7.53	1:10:07	9:18	12	19:43	206	46.21	6:39:38	8:38	14	1:52:00	224	3:09:13
VP9 - Falkenseer	5.69	1:00:21	10:36	13	21:00	218	51.90	7:39:59	8:51	13	2:13:00	223	3:42:26
VP10 - Karolinenl	6.60	1:04:00	9:41	11	12:27	180	58.50	8:43:59	8:57	13	2:25:27	217	4:16:17
VP11 - Pagel & Fi	4.90	47:16	9:38	9	10:18	133	63.40	9:31:15	9:00	13	2:33:37	208	4:40:48
VP12 - Schloss S	7.62	1:29:46	11:46	13	28:11	190	71.02	11:01:01	9:18	12	2:32:34	203	5:34:47
VP13 - Revierförs	6.21	1:09:27	11:11	15	18:16	210	77.23	12:10:28	9:27	12	2:43:07	210	6:14:34
VP14 - Brauhaus	6.00	1:08:50	11:28	13	23:32	205	83.23	13:19:18	9:36	12	2:47:01	209	6:53:52
VP15 - Gedenkst.	6.90	1:16:08	11:02	14	23:53	185	90.13	14:35:26	9:42	13	3:06:26	208	7:35:17
VP16 - Königswe	6.87	1:07:51	9:52	8	14:12	135	97.00	15:43:17	9:43	12	3:06:58	193	8:09:24
VP17 - Sportplatz	6.20	1:04:01	10:19	1	-	77	103.20	16:47:18	9:45	12	2:59:57	181	8:41:48
VP18 - Osdorfer	6.49	1:03:09	9:43	6	14:51	112	109.69	17:50:27	9:45	11	3:11:10	166	9:11:00
VP19 - Lichtenrav	5.71	1:02:22	10:55	9	23:08	143	115.40	18:52:49	9:48	11	3:28:05	166	9:44:03
VP20 - Kirchhain	4.35	48:02	11:02	5	14:40	107	119.75	19:40:51	9:51	11	3:42:45	163	10:07:47
VP21 - Buckow	6.15	1:07:17	10:56	7	12:13	118	125.90	20:48:08	9:54	11	3:38:45	160	10:40:04
VP22 - Rudow	4.97	54:58	11:03	9	33:35	107	130.87	21:43:06	9:57	11	4:04:57	152	11:06:23
VP23 - Johannistl	5.89	1:08:33	11:38	8	15:47	124	136.76	22:51:39	10:01	11	4:09:04	151	11:41:15
VP24 - Dammwe	5.64	1:04:07	11:22	7	15:11	116	142.40	23:55:46	10:04	11	4:05:41	146	12:13:20
VP25 - Eas Side	6.33	1:14:19	11:44	9	16:16	116	148.73	25:10:05	10:09	11	4:20:09	143	12:47:35
VP26 - Checkpoir	4.22	40:09	9:30	3	3:42	63	152.95	25:50:14	10:08	11	4:23:51	141	13:03:40
VP27 - Gedenkst.	4.12	40:34	9:50	5	6:33	49	157.07	26:30:48	10:07	10	4:15:32	137	13:17:50
Friedrich-Ludwig	4.78	43:42	9:08	7	15:02	81	161.85	27:14:30	10:05	10	4:21:44	136	13:34:19