



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Zitzmann, Christoph

☐☐☐: 27:28:04

☐☐: Never Walk Alone

☐☐: 5.86 km/h

☐☐: 223

☐☐☐☐: 10:11 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 160 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 137 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 35(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	36:06	5:12	5	3:50	16	3:50	6.93	36:06	5:12	5	3:50	16	3:50
VP2 - Laufftreff Li	5.70	31:44	5:34	8	5:48	26	5:48	12.63	1:07:50	5:22	6	9:37	17	9:38
VP3 - Oranienbur	5.47	31:05	5:40	8	7:19	40	7:19	18.10	1:38:55	5:27	6	16:56	19	16:56
VP4 - Naturschut	4.97	30:51	6:12	9	7:42	44	7:42	23.07	2:09:46	5:37	6	24:38	23	24:38
VP5 - Frohnau	6.80	38:00	5:35	6	7:34	22	7:42	29.87	2:47:46	5:36	6	32:12	21	32:14
VP6 - Ruderclub	4.06	27:05	6:40	14	8:35	51	8:36	33.93	3:14:51	5:44	6	40:47	21	40:50
VP7 - Grenzturm	4.75	27:50	5:51	7	5:32	25	7:02	38.68	3:42:41	5:45	6	46:19	22	47:52
VP8 - Schönwald	7.53	49:29	6:34	14	11:44	45	13:53	46.21	4:32:10	5:53	7	58:03	23	1:01:45
VP9 - Falkenseer	5.69	49:20	8:40	34	18:48	148	22:12	51.90	5:21:30	6:11	11	1:16:51	44	1:23:57
VP10 - Karolinenl	6.60	1:01:39	9:20	38	26:37	164	31:30	58.50	6:23:09	6:32	15	1:40:37	57	1:55:27
VP11 - Pagel & Fi	4.90	46:54	9:34	29	20:12	128	24:09	63.40	7:10:03	6:46	16	2:00:40	61	2:19:36
VP12 - Schloss S	7.62	1:29:15	11:42	41	45:49	185	53:28	71.02	8:39:18	7:18	22	2:46:20	85	3:13:04
VP13 - Revierförs	6.21	1:05:15	10:30	46	30:01	199	35:35	77.23	9:44:33	7:34	26	3:14:52	90	3:48:39
VP14 - Brauhaus	6.00	51:55	8:39	25	17:43	93	22:23	83.23	10:36:28	7:38	26	3:28:52	90	4:11:02
VP15 - Gedenkst.	6.90	1:07:44	9:48	35	31:36	150	33:01	90.13	11:44:12	7:48	27	3:50:36	96	4:44:03
VP16 - Königswe	6.87	56:45	8:15	16	11:56	48	23:01	97.00	12:40:57	7:50	25	3:59:04	90	5:07:04
VP17 - Sportplatz	6.20	46:33	7:30	6	11:57	17	14:56	103.20	13:27:30	7:49	22	4:08:30	75	5:22:00
VP18 - Osdorfer	6.49	1:32:51	14:18	42	49:35	194	58:54	109.69	15:00:21	8:12	25	4:58:05	94	6:20:54
VP19 - Lichtenra	5.71	54:45	9:35	28	19:42	105	25:26	115.40	15:55:06	8:16	25	5:13:30	94	6:46:20
VP20 - Kirchhain	4.35	1:05:37	15:05	42	35:57	186	41:19	119.75	17:00:43	8:31	27	5:49:27	101	7:27:39
VP21 - Buckow	6.15	1:06:59	10:53	29	28:37	115	31:59	125.90	18:07:42	8:38	29	6:14:40	106	7:59:38
VP22 - Rudow	4.97	1:07:08	13:30	40	36:49	168	45:45	130.87	19:14:50	8:49	29	6:40:03	113	8:38:07
VP23 - Johannistl	5.89	1:29:44	15:14	41	52:53	178	56:03	136.76	20:44:34	9:06	31	7:31:29	118	9:34:10
VP24 - Dammwe	5.64	1:35:41	16:57	42	1:04:00	182	1:04:00	142.40	22:20:15	9:24	33	8:35:29	119	10:37:49
VP25 - Eas Side	6.33	1:45:50	16:43	41	1:08:30	179	1:08:30	148.73	24:06:05	9:43	34	9:43:59	127	11:43:35
VP26 - Checkpoir	4.22	1:31:35	21:42	42	1:08:42	181	1:08:42	152.95	25:37:40	10:03	35	10:52:41	139	12:51:06
VP27 - Gedenkst.	4.12	58:53	14:17	38	34:10	159	34:10	157.07	26:36:33	10:09	35	11:26:51	138	13:23:35
Friedrich-Ludwig	4.78	51:31	10:46	30	27:08	121	27:08	161.85	27:28:04	10:10	35	11:53:59	137	13:47:53