



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Barwig, Kai

☐☐☐: 27:28:42

☐☐: Privatvergnügen

☐☐: 5.86 km/h

☐☐: 300

☐☐☐☐: 10:11 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 161 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 138 (of 247)

☐☐☐☐:

☐☐☐☐☐: 21(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	47:04	6:47	31	14:25	172	14:48	6.93	47:04	6:47	31	14:25	172	14:48
VP2 - Laufftreff Li	5.70	38:08	6:41	26	10:37	141	12:12	12.63	1:25:12	6:44	26	25:02	150	27:00
VP3 - Oranienbur	5.47	36:01	6:35	23	11:03	127	12:15	18.10	2:01:13	6:41	25	36:05	145	39:14
VP4 - Naturschut	4.97	35:45	7:11	22	10:07	110	12:36	23.07	2:36:58	6:48	25	46:12	137	51:50
VP5 - Frohnau	6.80	45:41	6:43	23	13:43	112	15:23	29.87	3:22:39	6:47	24	59:55	129	1:07:07
VP6 - Ruderclub	4.06	33:08	8:09	24	13:29	125	14:39	33.93	3:55:47	6:56	25	1:13:24	130	1:21:46
VP7 - Grenzturm	4.75	34:06	7:10	22	11:28	116	13:18	38.68	4:29:53	6:58	24	1:24:52	129	1:35:04
VP8 - Schönwald	7.53	58:11	7:43	21	20:26	123	22:35	46.21	5:28:04	7:05	26	1:45:18	130	1:57:39
VP9 - Falkenseer	5.69	47:11	8:17	23	17:02	126	20:03	51.90	6:15:15	7:13	25	2:02:20	129	2:17:42
VP10 - Karolinenl	6.60	1:00:14	9:07	28	25:42	153	30:05	58.50	7:15:29	7:26	24	2:28:02	128	2:47:47
VP11 - Pagel & Fi	4.90	51:08	10:26	30	23:55	171	28:23	63.40	8:06:37	7:40	26	2:51:57	132	3:16:10
VP12 - Schloss S	7.62	1:09:40	9:08	17	25:53	101	33:53	71.02	9:16:17	7:49	25	3:17:50	123	3:50:03
VP13 - Revierförs	6.21	59:49	9:37	28	22:31	172	30:09	77.23	10:16:06	7:58	26	3:40:21	123	4:20:12
VP14 - Brauhaus	6.00	1:00:49	10:08	29	23:27	164	31:17	83.23	11:16:55	8:07	25	4:03:48	128	4:51:29
VP15 - Gedenkst.	6.90	1:16:10	11:02	33	36:16	186	41:27	90.13	12:33:05	8:21	26	4:40:04	132	5:32:56
VP16 - Königswe	6.87	1:16:54	11:11	28	36:05	175	43:10	97.00	13:49:59	8:33	26	5:16:09	139	6:16:06
VP17 - Sportplatz	6.20	1:17:57	12:34	20	38:45	135	46:20	103.20	15:07:56	8:47	26	5:54:54	140	7:02:26
VP18 - Osdorfer	6.49	1:07:00	10:19	22	25:58	131	33:03	109.69	16:14:56	8:53	26	6:20:52	139	7:35:29
VP19 - Lichtenra	5.71	1:06:55	11:43	26	31:49	175	37:36	115.40	17:21:51	9:01	25	6:51:48	140	8:13:05
VP20 - Kirchhain	4.35	43:05	9:54	11	15:25	73	18:47	119.75	18:04:56	9:03	24	7:04:25	133	8:31:52
VP21 - Buckow	6.15	1:08:41	11:10	20	30:22	122	33:41	125.90	19:13:37	9:09	23	7:32:49	127	9:05:33
VP22 - Rudow	4.97	1:02:29	12:34	22	32:00	155	41:06	130.87	20:16:06	9:17	23	8:02:46	126	9:39:23
VP23 - Johannistl	5.89	1:53:43	19:18	29	1:16:24	182	1:20:02	136.76	22:09:49	9:43	23	9:18:01	142	10:59:25
VP24 - Dammwe	5.64	1:09:58	12:24	25	34:02	146	38:17	142.40	23:19:47	9:49	22	9:50:10	138	11:37:21
VP25 - Eas Side	6.33	1:22:12	12:59	23	39:48	151	44:52	148.73	24:41:59	9:57	21	10:29:12	136	12:19:29
VP26 - Checkpoir	4.22	50:30	11:58	19	25:28	147	27:37	152.95	25:32:29	10:01	21	10:51:30	137	12:45:55
VP27 - Gedenkst.	4.12	1:11:07	17:15	27	45:15	176	46:24	157.07	26:43:36	10:12	21	11:36:45	139	13:30:38
Friedrich-Ludwig	4.78	45:06	9:26	13	16:54	87	20:43	161.85	27:28:42	10:11	21	11:53:39	138	13:48:31