



# 100MeilenBerlin Der Mauerweglauf

Berlin / 15.08.2015

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Mieß, Bernd

000: 27:33:40

00: Rennsteiglaufverein

00: 5.84 km/h

00: 87

0000: 10:13 min/km

00: 161.85 km

00000/0000: 163 (of 296)

100MeilenBerlin

00000/0: 140 (of 247)

000000: 13:40:11

0000:

00000: 1(of 3)

Senioren M70 (70-74 Jahre)

0000000: 27:33:40

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
VP1 - S-Bahnhof	6.93	48:47	7:02	2	2:10	194	16:31	6.93	48:47	7:02	2	2:10	194	16:31
VP2 - Laufftreff Li	5.70	41:24	7:15	1	-	198	15:28	12.63	1:30:11	7:08	2	1:40	202	31:59
VP3 - Oranienbur	5.47	40:48	7:27	2	1:29	204	17:02	18.10	2:10:59	7:14	2	3:09	201	49:00
VP4 - Naturschut	4.97	41:35	8:22	2	3:27	192	18:26	23.07	2:52:34	7:28	2	6:36	200	1:07:26
VP5 - Frohnau	6.80	52:06	7:39	2	0:11	195	21:48	29.87	3:44:40	7:31	2	6:47	202	1:29:08
VP6 - Ruderclub	4.06	37:16	9:10	2	1:53	181	18:47	33.93	4:21:56	7:43	1	-	199	1:47:55
VP7 - Grenzturm	4.75	40:16	8:28	2	7:38	200	19:28	38.68	5:02:12	7:48	1	-	196	2:07:23
VP8 - Schönwald	7.53	1:08:31	9:05	1	-	198	32:55	46.21	6:10:43	8:01	1	-	196	2:40:18
VP9 - Falkenseer	5.69	1:02:27	10:58	3	10:01	224	35:19	51.90	7:13:10	8:20	1	-	203	3:15:37
VP10 - Karolinenl	6.60	1:15:23	11:25	3	15:56	223	45:14	58.50	8:28:33	8:41	3	5:51	205	4:00:51
VP11 - Pagel & Fi	4.90	50:09	10:14	1	-	163	27:24	63.40	9:18:42	8:48	2	4:06	199	4:28:15
VP12 - Schloss S	7.62	1:17:23	10:09	3	5:13	138	41:36	71.02	10:36:05	8:57	2	9:19	187	5:09:51
VP13 - Revierförs	6.21	1:03:37	10:14	3	14:07	190	33:57	77.23	11:39:42	9:03	3	23:26	187	5:43:48
VP14 - Brauhaus	6.00	1:01:25	10:14	1	-	167	31:53	83.23	12:41:07	9:08	3	8:15	187	6:15:41
VP15 - Gedenkst.	6.90	1:22:57	12:01	3	25:23	209	48:14	90.13	14:04:04	9:21	3	33:38	189	7:03:55
VP16 - Königswe	6.87	1:10:38	10:16	2	5:55	149	36:54	97.00	15:14:42	9:25	3	39:33	180	7:40:49
VP17 - Sportplatz	6.20	1:31:30	14:45	2	13:01	180	59:53	103.20	16:46:12	9:45	3	23:18	179	8:40:42
VP18 - Osdorfer	6.49	1:04:36	9:57	1	-	122	30:39	109.69	17:50:48	9:45	2	19:22	167	9:11:21
VP19 - Lichtenra	5.71	1:03:30	11:07	1	-	154	34:11	115.40	18:54:18	9:49	2	14:55	168	9:45:32
VP20 - Kirchhain	4.35	55:29	12:45	3	6:34	152	31:11	119.75	19:49:47	9:56	2	21:29	164	10:16:43
VP21 - Buckow	6.15	1:11:10	11:34	3	9:01	141	36:10	125.90	21:00:57	10:00	2	30:30	164	10:52:53
VP22 - Rudow	4.97	1:00:17	12:07	1	-	138	38:54	130.87	22:01:14	10:05	2	17:11	158	11:24:31
VP23 - Johannistl	5.89	1:11:01	12:03	2	8:28	132	37:20	136.76	23:12:15	10:10	2	9:42	158	12:01:51
VP24 - Dammwe	5.64	56:48	10:04	1	-	70	25:07	142.40	24:09:03	10:10	1	-	149	12:26:37
VP25 - Eas Side	6.33	1:09:56	11:02	1	-	92	32:36	148.73	25:18:59	10:12	1	-	145	12:56:29
VP26 - Checkpoir	4.22	40:00	9:28	1	-	61	17:07	152.95	25:58:59	10:11	1	-	142	13:12:25
VP27 - Gedenkst.	4.12	44:58	10:54	2	6:26	78	20:15	157.07	26:43:57	10:12	1	-	141	13:30:59
Friedrich-Ludwig	4.78	49:43	10:24	3	11:52	112	25:20	161.85	27:33:40	10:13	1	-	140	13:53:29