



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Eden, Gerd

☐☐☐: 27:39:48

☐☐: Bochum

☐☐: 5.82 km/h

☐☐: 64

☐☐☐☐: 10:16 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 165 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 142 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 11(of 15)

Senioren M60 (60-64 Jahre)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	49:16	7:06	13	8:04	201	17:00	6.93	49:16	7:06	13	8:04	201	17:00
VP2 - Lauftreff Li	5.70	41:04	7:12	10	7:38	193	15:08	12.63	1:30:20	7:09	13	15:42	203	32:08
VP3 - Oranienbur	5.47	42:17	7:43	12	10:45	218	18:31	18.10	2:12:37	7:19	13	26:27	209	50:38
VP4 - Naturschut	4.97	40:25	8:07	11	7:31	185	17:16	23.07	2:53:02	7:30	12	33:58	205	1:07:54
VP5 - Frohnau	6.80	50:16	7:23	7	10:03	177	19:58	29.87	3:43:18	7:28	12	44:01	200	1:27:46
VP6 - Ruderclub	4.06	33:02	8:08	4	4:31	123	14:33	33.93	4:16:20	7:33	8	48:32	181	1:42:19
VP7 - Grenzturm	4.75	37:46	7:57	8	8:20	178	16:58	38.68	4:54:06	7:36	8	56:52	180	1:59:17
VP8 - Schönwald	7.53	1:01:18	8:08	7	10:54	150	25:42	46.21	5:55:24	7:41	8	1:07:46	174	2:24:59
VP9 - Falkenseer	5.69	49:51	8:45	8	10:30	155	22:43	51.90	6:45:15	7:48	7	1:18:16	169	2:47:42
VP10 - Karolinenl	6.60	1:02:34	9:28	8	11:01	169	32:25	58.50	7:47:49	7:59	7	1:29:17	168	3:20:07
VP11 - Pagel & Fi	4.90	46:31	9:29	7	9:33	123	23:46	63.40	8:34:20	8:06	8	1:36:42	163	3:43:53
VP12 - Schloss S	7.62	1:18:02	10:14	8	16:27	143	42:15	71.02	9:52:22	8:20	8	1:23:55	153	4:26:08
VP13 - Revierförs	6.21	59:00	9:30	10	7:49	161	29:20	77.23	10:51:22	8:26	8	1:24:01	154	4:55:28
VP14 - Brauhaus	6.00	56:05	9:20	8	10:47	139	26:33	83.23	11:47:27	8:29	8	1:15:10	153	5:22:01
VP15 - Gedenkst.	6.90	1:02:37	9:04	6	10:22	114	27:54	90.13	12:50:04	8:32	8	1:21:04	148	5:49:55
VP16 - Königswe	6.87	1:15:12	10:56	12	21:33	170	41:28	97.00	14:05:16	8:42	8	1:28:57	151	6:31:23
VP17 - Sportplatz	6.20	1:12:00	11:36	4	7:59	105	40:23	103.20	15:17:16	8:53	8	1:29:55	146	7:11:46
VP18 - Osdorfer	6.49	1:08:23	10:32	8	20:05	136	34:26	109.69	16:25:39	8:59	8	1:46:22	144	7:46:12
VP19 - Lichtenrau	5.71	58:54	10:18	6	19:40	129	29:35	115.40	17:24:33	9:03	8	1:59:49	142	8:15:47
VP20 - Kirchhain	4.35	1:04:27	14:48	12	31:05	183	40:09	119.75	18:29:00	9:15	8	2:30:54	144	8:55:56
VP21 - Buckow	6.15	1:19:15	12:53	10	24:11	172	44:15	125.90	19:48:15	9:26	9	2:38:52	147	9:40:11
VP22 - Rudow	4.97	54:48	11:01	8	33:25	106	33:25	130.87	20:43:03	9:29	9	3:04:54	140	10:06:20
VP23 - Johannistl	5.89	1:13:55	12:32	12	21:09	149	40:14	136.76	21:56:58	9:37	8	3:14:23	135	10:46:34
VP24 - Dammwe	5.64	1:16:20	13:32	12	27:24	171	44:39	142.40	23:13:18	9:47	8	3:23:13	135	11:30:52
VP25 - Eas Side	6.33	1:26:54	13:43	12	28:51	166	49:34	148.73	24:40:12	9:57	9	3:50:16	135	12:17:42
VP26 - Checkpoir	4.22	52:19	12:23	12	15:52	156	29:26	152.95	25:32:31	10:01	10	4:06:08	138	12:45:57
VP27 - Gedenkst.	4.12	1:11:13	17:17	13	37:12	177	46:30	157.07	26:43:44	10:12	11	4:28:28	140	13:30:46
Friedrich-Ludwig	4.78	56:04	11:43	11	27:24	155	31:41	161.85	27:39:48	10:15	11	4:47:02	142	13:59:37