



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Cavaleiro, Claudia

☐☐☐: 27:51:13

☐☐: OSC Waldniel/100 MC

☐☐: 5.78 km/h

☐☐: 250

☐☐☐☐: 10:20 min/km

☐☐: 161.85 km

☐☐☐☐/☐☐☐☐: 167 (of 296)

100MeilenBerlin

☐☐☐☐/☐: 24 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 6(of 12)

Seniorinnen W45 (45-49 Jahre)

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