



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Schmidt-Soltau, Peer

☐☐: 100 Marathon Club

☐☐: 251

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M30 (30-34 Jahre)

☐☐☐: 27:51:13

☐☐: 5.78 km/h

☐☐☐☐: 10:20 min/km

☐☐☐☐☐/☐☐☐☐: 168 (of 296)

☐☐☐☐☐/☐: 144 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 10(of 12)

☐☐☐☐☐☐☐: 18:26:45

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	49:21	7:07	12	16:45	202	6.93	49:21	7:07	12	16:45	202	17:05
VP2 - Laufftreff Li	5.70	43:03	7:33	12	15:53	222	12.63	1:32:24	7:18	12	32:38	213	34:12
VP3 - Oranienbur	5.47	39:36	7:14	11	13:38	194	18.10	2:12:00	7:17	11	46:16	203	50:01
VP4 - Naturschut	4.97	43:27	8:44	11	18:49	210	23.07	2:55:27	7:36	12	1:05:05	207	1:10:19
VP5 - Frohnau	6.80	50:16	7:23	11	15:15	177	29.87	3:45:43	7:33	11	1:20:06	204	1:30:11
VP6 - Ruderclub	4.06	38:34	9:29	11	16:18	192	33.93	4:24:17	7:47	11	1:36:24	201	1:50:16
VP7 - Grenzturm	4.75	38:59	8:12	11	14:14	191	38.68	5:03:16	7:50	11	1:44:30	199	2:08:27
VP8 - Schönwald	7.53	1:01:35	8:10	10	21:10	152	46.21	6:04:51	7:53	11	2:03:28	189	2:34:26
VP9 - Falkenseer	5.69	49:32	8:42	9	16:45	152	51.90	6:54:23	7:59	11	2:20:13	183	2:56:50
VP10 - Karolinenl	6.60	1:01:54	9:22	11	23:26	166	58.50	7:56:17	8:08	11	2:43:39	178	3:28:35
VP11 - Pagel & Fi	4.90	43:32	8:53	7	13:49	104	63.40	8:39:49	8:11	11	2:57:28	169	3:49:22
VP12 - Schloss S	7.62	1:19:30	10:25	9	26:22	151	71.02	9:59:19	8:26	10	3:23:50	158	4:33:05
VP13 - Revierförs	6.21	51:40	8:19	8	10:12	86	77.23	10:50:59	8:25	10	3:34:02	153	4:55:05
VP14 - Brauhaus	6.00	51:03	8:30	7	8:38	85	83.23	11:42:02	8:26	10	3:42:40	146	5:16:36
VP15 - Gedenkst.	6.90	1:10:43	10:14	9	24:55	157	90.13	12:52:45	8:34	10	4:07:35	150	5:52:36
VP16 - Königswe	6.87	1:03:51	9:17	8	16:00	103	97.00	13:56:36	8:37	9	4:19:00	146	6:22:43
VP17 - Sportplatz	6.20	1:25:16	13:45	8	41:58	164	103.20	15:21:52	8:55	9	5:00:58	148	7:16:22
VP18 - Osdorfer	6.49	1:03:51	9:50	8	22:50	116	109.69	16:25:43	8:59	9	5:19:39	145	7:46:16
VP19 - Lichtenrav	5.71	51:55	9:05	7	16:48	85	115.40	17:17:38	8:59	9	5:24:41	138	8:08:52
VP20 - Kirchhain	4.35	57:27	13:12	9	27:11	164	119.75	18:15:05	9:08	9	5:50:35	138	8:42:01
VP21 - Buckow	6.15	1:21:26	13:14	10	38:47	175	125.90	19:36:31	9:20	9	6:27:25	140	9:28:27
VP22 - Rudow	4.97	1:11:16	14:20	10	35:53	176	130.87	20:47:47	9:32	9	6:56:26	141	10:11:04
VP23 - Johannistl	5.89	1:20:26	13:39	9	33:38	168	136.76	22:08:13	9:42	9	7:21:36	140	10:57:49
VP24 - Dammwe	5.64	1:29:13	15:49	10	45:05	180	142.40	23:37:26	9:57	10	8:04:48	142	11:55:00
VP25 - Eas Side	6.33	1:31:15	14:24	9	37:15	172	148.73	25:08:41	10:08	10	8:42:03	141	12:46:11
VP26 - Checkpoir	4.22	51:29	12:11	10	18:07	151	152.95	26:00:10	10:12	10	8:53:09	143	13:13:36
VP27 - Gedenkst.	4.12	57:33	13:58	10	22:41	152	157.07	26:57:43	10:17	10	9:08:13	144	13:44:45
Friedrich-Ludwig	4.78	53:30	11:11	9	18:13	137	161.85	27:51:13	10:19	10	9:24:28	144	14:11:02