



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Schulz, Reinhardt

☐☐☐: 27:52:32

☐☐: RLT Rodgau

☐☐: 5.78 km/h

☐☐: 289

☐☐☐☐: 10:20 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 169 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 145 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 2(of 3)

Senioren M70 (70-74 Jahre)

☐☐☐☐☐☐☐: 27:33:40

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	51:42	7:27	3	5:05	228	19:26	6.93	51:42	7:27	3	5:05	228	19:26
VP2 - Laufftreff Li	5.70	41:44	7:19	2	0:20	206	15:48	12.63	1:33:26	7:23	3	4:55	220	35:14
VP3 - Oranienbur	5.47	42:13	7:43	3	2:54	215	18:27	18.10	2:15:39	7:29	3	7:49	224	53:40
VP4 - Naturschut	4.97	45:35	9:10	3	7:27	229	22:26	23.07	3:01:14	7:51	3	15:16	225	1:16:06
VP5 - Frohnau	6.80	54:10	7:57	3	2:15	213	23:52	29.87	3:55:24	7:52	3	17:31	219	1:39:52
VP6 - Ruderclub	4.06	35:23	8:42	1	-	157	16:54	33.93	4:30:47	7:58	2	8:51	207	1:56:46
VP7 - Grenzturm	4.75	40:33	8:32	3	7:55	201	19:45	38.68	5:11:20	8:02	3	9:08	209	2:16:31
VP8 - Schönwald	7.53	1:18:29	10:25	2	9:58	228	42:53	46.21	6:29:49	8:26	3	19:06	212	2:59:24
VP9 - Falkenseer	5.69	52:26	9:12	1	-	176	25:18	51.90	7:22:15	8:31	2	9:05	209	3:24:42
VP10 - Karolinenl	6.60	1:01:47	9:21	2	2:20	165	31:38	58.50	8:24:02	8:36	2	1:20	202	3:56:20
VP11 - Pagel & Fi	4.90	59:32	12:08	3	9:23	214	36:47	63.40	9:23:34	8:53	3	8:58	203	4:33:07
VP12 - Schloss S	7.62	1:15:30	9:54	2	3:20	126	39:43	71.02	10:39:04	8:59	3	12:18	188	5:12:50
VP13 - Revierförs	6.21	58:55	9:29	2	9:25	160	29:15	77.23	11:37:59	9:02	2	21:43	186	5:42:05
VP14 - Brauhaus	6.00	1:02:42	10:27	2	1:17	178	33:10	83.23	12:40:41	9:08	2	7:49	186	6:15:15
VP15 - Gedenkst.	6.90	1:04:29	9:20	2	6:55	125	29:46	90.13	13:45:10	9:09	2	14:44	178	6:45:01
VP16 - Königswe	6.87	1:19:15	11:32	3	14:32	185	45:31	97.00	15:04:25	9:19	2	29:16	175	7:30:32
VP17 - Sportplatz	6.20	1:18:29	12:39	1	-	138	46:52	103.20	16:22:54	9:31	1	-	168	8:17:24
VP18 - Osdorfer	6.49	1:08:32	10:33	2	3:56	138	34:35	109.69	17:31:26	9:35	1	-	162	8:51:59
VP19 - Lichtenra	5.71	1:07:57	11:54	3	4:27	179	38:38	115.40	18:39:23	9:42	1	-	163	9:30:37
VP20 - Kirchhain	4.35	48:55	11:14	1	-	111	24:37	119.75	19:28:18	9:45	1	-	158	9:55:14
VP21 - Buckow	6.15	1:02:09	10:06	1	-	88	27:09	125.90	20:30:27	9:46	1	-	155	10:22:23
VP22 - Rudow	4.97	1:13:36	14:48	2	13:19	178	52:13	130.87	21:44:03	9:57	1	-	153	11:07:20
VP23 - Johannistl	5.89	1:18:30	13:19	3	15:57	162	44:49	136.76	23:02:33	10:06	1	-	154	11:52:09
VP24 - Dammwe	5.64	1:20:04	14:11	3	23:16	175	48:23	142.40	24:22:37	10:16	2	13:34	155	12:40:11
VP25 - Eas Side	6.33	1:16:28	12:04	2	6:32	128	39:08	148.73	25:39:05	10:20	2	20:06	156	13:16:35
VP26 - Checkpoir	4.22	45:37	10:48	2	5:37	114	22:44	152.95	26:24:42	10:21	2	25:43	153	13:38:08
VP27 - Gedenkst.	4.12	49:59	12:07	3	11:27	119	25:16	157.07	27:14:41	10:24	2	30:44	150	14:01:43
Friedrich-Ludwig	4.78	37:51	7:55	1	-	42	13:28	161.85	27:52:32	10:20	2	18:52	145	14:12:21