



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Wallesch, René

☐☐: 100 Marathon Club

☐☐: 11

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M40 (40-44 Jahre)

☐☐☐: 27:52:46

☐☐: 5.77 km/h

☐☐☐☐: 10:20 min/km

☐☐☐☐☐/☐☐☐☐: 170 (of 296)

☐☐☐☐☐/☐☐: 146 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 22(of 38)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:41	6:44	29	14:02	163	14:25	6.93	46:41	6:44	29	14:02	163	14:25
VP2 - Laufftreff Li	5.70	38:42	6:47	28	11:11	154	12:46	12.63	1:25:23	6:45	28	25:13	153	27:11
VP3 - Oranienbur	5.47	37:31	6:51	27	12:33	154	13:45	18.10	2:02:54	6:47	30	37:46	159	40:55
VP4 - Naturschut	4.97	36:44	7:23	27	11:06	139	13:35	23.07	2:39:38	6:55	28	48:52	150	54:30
VP5 - Frohnau	6.80	45:37	6:42	22	13:39	110	15:19	29.87	3:25:15	6:52	27	1:02:31	146	1:09:43
VP6 - Ruderclub	4.06	32:31	8:00	23	12:52	118	14:02	33.93	3:57:46	7:00	27	1:15:23	139	1:23:45
VP7 - Grenzturm	4.75	33:25	7:02	20	10:47	107	12:37	38.68	4:31:11	7:00	25	1:26:10	135	1:36:22
VP8 - Schönwald	7.53	55:36	7:23	18	17:51	97	20:00	46.21	5:26:47	7:04	24	1:44:01	125	1:56:22
VP9 - Falkenseer	5.69	44:38	7:50	18	14:29	98	17:30	51.90	6:11:25	7:09	23	1:58:30	123	2:13:52
VP10 - Karolinenl	6.60	52:02	7:53	17	17:30	86	21:53	58.50	7:03:27	7:14	21	2:16:00	109	2:35:45
VP11 - Pagel & Fi	4.90	41:31	8:28	16	14:18	91	18:46	63.40	7:44:58	7:20	20	2:30:18	101	2:54:31
VP12 - Schloss S	7.62	1:12:06	9:27	20	28:19	113	36:19	71.02	8:57:04	7:33	19	2:58:37	97	3:30:50
VP13 - Revierförs	6.21	50:46	8:10	13	13:28	78	21:06	77.23	9:47:50	7:36	19	3:12:05	94	3:51:56
VP14 - Brauhaus	6.00	52:12	8:42	15	14:50	99	22:40	83.23	10:40:02	7:41	19	3:26:55	92	4:14:36
VP15 - Gedenkst.	6.90	57:00	8:15	11	17:06	71	22:17	90.13	11:37:02	7:44	19	3:44:01	91	4:36:53
VP16 - Königswe	6.87	1:07:06	9:46	21	26:17	129	33:22	97.00	12:44:08	7:52	19	4:10:18	92	5:10:15
VP17 - Sportplatz	6.20	55:10	8:53	7	15:58	42	23:33	103.20	13:39:18	7:56	16	4:26:16	83	5:33:48
VP18 - Osdorfer	6.49	1:22:18	12:40	31	41:16	183	48:21	109.69	15:01:36	8:13	19	5:07:32	95	6:22:09
VP19 - Lichtenrav	5.71	1:12:03	12:37	28	36:57	186	42:44	115.40	16:13:39	8:26	19	5:43:36	104	7:04:53
VP20 - Kirchhain	4.35	53:54	12:23	24	26:14	143	29:36	119.75	17:07:33	8:34	21	6:07:02	109	7:34:29
VP21 - Buckow	6.15	1:27:24	14:12	28	49:05	184	52:24	125.90	18:34:57	8:51	21	6:54:09	119	8:26:53
VP22 - Rudow	4.97	1:24:58	17:05	28	54:29	183	1:03:35	130.87	19:59:55	9:10	21	7:46:35	123	9:23:12
VP23 - Johannistl	5.89	2:05:24	21:17	30	1:28:05	184	1:31:43	136.76	22:05:19	9:41	22	9:13:31	138	10:54:55
VP24 - Dammwe	5.64	1:14:06	13:08	27	38:10	161	42:25	142.40	23:19:25	9:49	21	9:49:48	137	11:36:59
VP25 - Eas Side	6.33	1:32:33	14:37	28	50:09	175	55:13	148.73	24:51:58	10:01	22	10:39:11	140	12:29:28
VP26 - Checkpoir	4.22	54:02	12:48	25	29:00	163	31:09	152.95	25:46:00	10:06	22	11:05:01	140	12:59:26
VP27 - Gedenkst.	4.12	1:04:49	15:43	26	38:57	172	40:06	157.07	26:50:49	10:15	22	11:43:58	142	13:37:51
Friedrich-Ludwig	4.78	1:01:57	12:57	22	33:45	168	37:34	161.85	27:52:46	10:20	22	12:17:43	146	14:12:35