



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Häsler, Olaf

☐☐: SG Marßel Bremen

☐☐: 330

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 27:55:05

☐☐: 5.77 km/h

☐☐☐☐: 10:21 min/km

☐☐☐☐☐/☐☐☐☐: 171 (of 296)

☐☐☐☐☐/☐☐: 147 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 30(of 51)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	49:26	7:07	46	16:08	206	17:10	6.93	49:26	7:07	46	16:08	206	17:10
VP2 - Laufftreff Li	5.70	43:57	7:42	50	16:18	226	18:01	12.63	1:33:23	7:23	47	32:26	218	35:11
VP3 - Oranienbur	5.47	39:17	7:10	37	13:05	182	15:31	18.10	2:12:40	7:19	44	45:24	210	50:41
VP4 - Naturschut	4.97	38:20	7:42	34	13:29	163	15:11	23.07	2:51:00	7:24	40	58:53	194	1:05:52
VP5 - Frohnau	6.80	53:35	7:52	45	20:51	209	23:17	29.87	3:44:35	7:31	42	1:19:44	201	1:29:03
VP6 - Ruderclub	4.06	41:18	10:10	45	19:49	206	22:49	33.93	4:25:53	7:50	44	1:39:33	203	1:51:52
VP7 - Grenzturm	4.75	36:10	7:36	37	10:47	163	15:22	38.68	5:02:03	7:48	42	1:50:20	195	2:07:14
VP8 - Schönwald	7.53	1:02:09	8:15	35	19:42	155	26:33	46.21	6:04:12	7:52	42	2:10:02	188	2:33:47
VP9 - Falkenseer	5.69	58:04	10:12	48	24:14	209	30:56	51.90	7:02:16	8:08	42	2:34:16	191	3:04:43
VP10 - Karolinenl	6.60	1:01:09	9:15	35	20:57	160	31:00	58.50	8:03:25	8:15	41	2:54:56	184	3:35:43
VP11 - Pagel & Fi	4.90	54:06	11:02	38	23:59	192	31:21	63.40	8:57:31	8:28	39	3:17:11	180	4:07:04
VP12 - Schloss S	7.62	1:55:25	15:08	44	1:07:12	223	1:19:38	71.02	10:52:56	9:11	40	4:24:23	194	5:26:42
VP13 - Revierförs	6.21	1:02:32	10:04	39	21:43	181	32:52	77.23	11:55:28	9:15	39	4:45:56	195	5:59:34
VP14 - Brauhaus	6.00	55:42	9:16	27	13:31	131	26:10	83.23	12:51:10	9:15	39	4:59:02	193	6:25:44
VP15 - Gedenkst.	6.90	1:13:13	10:36	37	28:05	171	38:30	90.13	14:04:23	9:22	39	5:22:28	191	7:04:14
VP16 - Königswe	6.87	1:13:26	10:41	31	24:44	161	39:42	97.00	15:17:49	9:27	37	5:47:12	183	7:43:56
VP17 - Sportplatz	6.20	1:35:48	15:27	41	50:59	191	1:04:11	103.20	16:53:37	9:49	37	6:37:26	186	8:48:07
VP18 - Osdorfer	6.49	58:05	8:56	19	11:44	82	24:08	109.69	17:51:42	9:46	36	6:47:09	168	9:12:15
VP19 - Lichtenra	5.71	1:02:31	10:56	32	22:33	145	33:12	115.40	18:54:13	9:49	36	7:06:38	167	9:45:27
VP20 - Kirchhain	4.35	55:42	12:48	30	24:25	153	31:24	119.75	19:49:55	9:56	34	7:26:40	165	10:16:51
VP21 - Buckow	6.15	1:12:33	11:47	31	29:15	148	37:33	125.90	21:02:28	10:01	33	7:53:17	165	10:54:24
VP22 - Rudow	4.97	59:06	11:53	31	21:45	131	37:43	130.87	22:01:34	10:05	32	8:10:27	159	11:24:51
VP23 - Johannistl	5.89	1:10:43	12:00	31	25:01	131	37:02	136.76	23:12:17	10:10	32	8:33:44	159	12:01:53
VP24 - Dammwe	5.64	57:06	10:07	16	16:35	75	25:25	142.40	24:09:23	10:10	31	8:40:25	150	12:26:57
VP25 - Eas Side	6.33	1:13:30	11:36	23	25:34	112	36:10	148.73	25:22:53	10:14	29	9:00:07	146	13:00:23
VP26 - Checkpoir	4.22	49:01	11:36	31	19:21	137	26:08	152.95	26:11:54	10:16	29	9:17:07	146	13:25:20
VP27 - Gedenkst.	4.12	52:26	12:43	29	21:19	136	27:43	157.07	27:04:20	10:20	30	9:34:49	148	13:51:22
Friedrich-Ludwig	4.78	50:45	10:37	25	22:47	114	26:22	161.85	27:55:05	10:20	30	9:51:14	147	14:14:54