



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Böe, Hauke

☐☐: Bis einer heult

☐☐: 273

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 27:59:42

☐☐: 5.75 km/h

☐☐☐☐: 10:23 min/km

☐☐☐☐☐/☐☐☐☐: 172 (of 296)

☐☐☐☐☐/☐: 148 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 36(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:24	6:41	35	14:08	151	14:08	6.93	46:24	6:41	35	14:08	151	14:08
VP2 - Laufftreff Li	5.70	39:43	6:58	38	13:47	175	13:47	12.63	1:26:07	6:49	36	27:54	164	27:55
VP3 - Oranienbur	5.47	37:00	6:45	37	13:14	150	13:14	18.10	2:03:07	6:48	37	41:08	162	41:08
VP4 - Naturschut	4.97	38:11	7:40	37	15:02	161	15:02	23.07	2:41:18	6:59	38	56:10	164	56:10
VP5 - Frohnau	6.80	46:48	6:52	35	16:22	135	16:30	29.87	3:28:06	6:58	35	1:12:32	155	1:12:34
VP6 - Ruderclub	4.06	43:31	10:43	46	25:01	218	25:02	33.93	4:11:37	7:24	40	1:37:33	167	1:37:36
VP7 - Grenzturm	4.75	34:28	7:15	31	12:10	126	13:40	38.68	4:46:05	7:23	37	1:49:43	159	1:51:16
VP8 - Schönwald	7.53	1:03:42	8:27	38	25:57	168	28:06	46.21	5:49:47	7:34	36	2:15:40	162	2:19:22
VP9 - Falkenseer	5.69	50:53	8:56	40	20:21	170	23:45	51.90	6:40:40	7:43	37	2:36:01	165	2:43:07
VP10 - Karolinenl	6.60	1:12:14	10:56	45	37:12	215	42:05	58.50	7:52:54	8:05	41	3:10:22	174	3:25:12
VP11 - Pagel & Fi	4.90	48:58	9:59	34	22:16	150	26:13	63.40	8:41:52	8:13	39	3:32:29	171	3:51:25
VP12 - Schloss S	7.62	1:48:03	14:10	46	1:04:37	221	1:12:16	71.02	10:29:55	8:52	40	4:36:57	184	5:03:41
VP13 - Revierförs	6.21	53:32	8:37	27	18:18	105	23:52	77.23	11:23:27	8:50	40	4:53:46	179	5:27:33
VP14 - Brauhaus	6.00	1:05:36	10:55	41	31:24	193	36:04	83.23	12:29:03	8:59	40	5:21:27	178	6:03:37
VP15 - Gedenkst.	6.90	1:17:07	11:10	40	40:59	188	42:24	90.13	13:46:10	9:09	39	5:52:34	179	6:46:01
VP16 - Königswe	6.87	1:16:59	11:12	41	32:10	176	43:15	97.00	15:03:09	9:18	40	6:21:16	173	7:29:16
VP17 - Sportplatz	6.20	1:51:48	18:01	45	1:17:12	206	1:20:11	103.20	16:54:57	9:50	40	7:35:57	190	8:49:27
VP18 - Osdorfer	6.49	1:12:50	11:13	37	29:34	156	38:53	109.69	18:07:47	9:55	40	8:05:31	178	9:28:20
VP19 - Lichtenrav	5.71	1:03:12	11:04	35	28:09	151	33:53	115.40	19:10:59	9:58	41	8:29:23	175	10:02:13
VP20 - Kirchhain	4.35	49:55	11:28	33	20:15	118	25:37	119.75	20:00:54	10:01	40	8:49:38	168	10:27:50
VP21 - Buckow	6.15	1:15:32	12:16	37	37:10	157	40:32	125.90	21:16:26	10:08	41	9:23:24	172	11:08:22
VP22 - Rudow	4.97	1:00:50	12:14	32	30:31	143	39:27	130.87	22:17:16	10:13	39	9:42:29	161	11:40:33
VP23 - Johannistl	5.89	1:13:22	12:27	33	36:31	142	39:41	136.76	23:30:38	10:18	39	10:17:33	164	12:20:14
VP24 - Dammwe	5.64	1:05:08	11:32	24	33:27	121	33:27	142.40	24:35:46	10:21	38	10:51:00	161	12:53:20
VP25 - Eas Side	6.33	1:09:34	10:59	23	32:14	89	32:14	148.73	25:45:20	10:23	38	11:23:14	159	13:22:50
VP26 - Checkpoir	4.22	41:45	9:53	18	18:52	77	18:52	152.95	26:27:05	10:22	38	11:42:06	156	13:40:31
VP27 - Gedenkst.	4.12	43:21	10:31	13	18:38	63	18:38	157.07	27:10:26	10:22	36	12:00:44	149	13:57:28
Friedrich-Ludwig	4.78	49:16	10:18	26	24:53	111	24:53	161.85	27:59:42	10:22	36	12:25:37	148	14:19:31