



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

WELTER, Marc

☐☐: Marche Equipe Police - Luxembourg

☐☐: 229

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M40 (40-44 Jahre)

☐☐☐: 28:07:48

☐☐: 5.72 km/h

☐☐☐☐: 10:26 min/km

☐☐☐☐☐/☐☐☐☐: 173 (of 296)

☐☐☐☐☐/☐☐: 149 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 23(of 38)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	45:44	6:35	25	13:05	137	6.93	45:44	6:35	25	13:05	137	13:28
VP2 - Laufftreff Li	5.70	42:40	7:29	35	15:09	218	12.63	1:28:24	6:59	31	28:14	182	30:12
VP3 - Oranienbur	5.47	46:39	8:31	35	21:41	237	18.10	2:15:03	7:27	34	49:55	221	53:04
VP4 - Naturschut	4.97	45:12	9:05	35	19:34	225	23.07	3:00:15	7:48	35	1:09:29	223	1:15:07
VP5 - Frohnau	6.80	59:35	8:45	35	27:37	228	29.87	3:59:50	8:01	35	1:37:06	228	1:44:18
VP6 - Ruderclub	4.06	40:34	9:59	34	20:55	204	33.93	4:40:24	8:15	34	1:58:01	221	2:06:23
VP7 - Grenzturm	4.75	41:56	8:49	34	19:18	209	38.68	5:22:20	8:19	34	2:17:19	219	2:27:31
VP8 - Schönwald	7.53	1:11:37	9:30	35	33:52	213	46.21	6:33:57	8:31	35	2:51:11	219	3:03:32
VP9 - Falkenseer	5.69	57:24	10:05	33	27:15	205	51.90	7:31:21	8:41	35	3:18:26	217	3:33:48
VP10 - Karolinenl	6.60	1:03:18	9:35	30	28:46	176	58.50	8:34:39	8:47	35	3:47:12	209	4:06:57
VP11 - Pagel & Fi	4.90	51:50	10:34	31	24:37	176	63.40	9:26:29	8:56	34	4:11:49	205	4:36:02
VP12 - Schloss S	7.62	1:25:46	11:15	30	41:59	173	71.02	10:52:15	9:11	32	4:53:48	193	5:26:01
VP13 - Revierförs	6.21	1:03:51	10:16	32	26:33	192	77.23	11:56:06	9:16	33	5:20:21	197	6:00:12
VP14 - Brauhaus	6.00	58:06	9:41	27	20:44	154	83.23	12:54:12	9:18	33	5:41:05	195	6:28:46
VP15 - Gedenkst.	6.90	1:07:26	9:46	26	27:32	147	90.13	14:01:38	9:20	33	6:08:37	186	7:01:29
VP16 - Königswe	6.87	1:11:51	10:27	25	31:02	155	97.00	15:13:29	9:25	32	6:39:39	179	7:39:36
VP17 - Sportplatz	6.20	1:17:37	12:31	18	38:25	132	103.20	16:31:06	9:36	32	7:18:04	173	8:25:36
VP18 - Osdorfer	6.49	1:09:48	10:45	25	28:46	150	109.69	17:40:54	9:40	30	7:46:50	165	9:01:27
VP19 - Lichtenra	5.71	1:04:18	11:15	24	29:12	159	115.40	18:45:12	9:45	30	8:15:09	165	9:36:26
VP20 - Kirchhain	4.35	50:59	11:43	20	23:19	125	119.75	19:36:11	9:49	30	8:35:40	161	10:03:07
VP21 - Buckow	6.15	1:12:20	11:45	23	34:01	146	125.90	20:48:31	9:55	29	9:07:43	162	10:40:27
VP22 - Rudow	4.97	59:22	11:56	19	28:53	132	130.87	21:47:53	9:59	26	9:34:33	155	11:11:10
VP23 - Johannistl	5.89	1:13:42	12:30	21	36:23	147	136.76	23:01:35	10:06	26	10:09:47	153	11:51:11
VP24 - Dammwe	5.64	1:08:19	12:06	21	32:23	138	142.40	24:09:54	10:10	25	10:40:17	151	12:27:28
VP25 - Eas Side	6.33	1:20:04	12:38	22	37:40	146	148.73	25:29:58	10:17	25	11:17:11	148	13:07:28
VP26 - Checkpoir	4.22	53:10	12:35	22	28:08	160	152.95	26:23:08	10:21	25	11:42:09	152	13:36:34
VP27 - Gedenkst.	4.12	52:24	12:43	18	26:32	135	157.07	27:15:32	10:24	25	12:08:41	151	14:02:34
Friedrich-Ludwig	4.78	52:16	10:56	19	24:04	127	161.85	28:07:48	10:25	23	12:32:45	149	14:27:37