



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Jansen, Martin

☐☐: www.weitgereister.de

☐☐: 321

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M35 (35-39 Jahre)

☐☐☐: 28:07:52

☐☐: 5.72 km/h

☐☐☐☐: 10:26 min/km

☐☐☐☐☐/☐☐☐☐: 174 (of 296)

☐☐☐☐☐/☐☐: 150 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 16(of 22)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:07	6:39	16	13:51	139	13:51	6.93	46:07	6:39	16	13:51	139	13:51
VP2 - Laufftreff Li	5.70	38:22	6:43	17	12:26	146	12:26	12.63	1:24:29	6:41	18	26:17	148	26:17
VP3 - Oranienbur	5.47	38:36	7:03	20	14:46	169	14:50	18.10	2:03:05	6:48	18	41:03	161	41:06
VP4 - Naturschut	4.97	39:37	7:58	19	16:25	179	16:28	23.07	2:42:42	7:03	20	57:28	167	57:34
VP5 - Frohnau	6.80	52:08	7:40	21	21:50	197	21:50	29.87	3:34:50	7:11	20	1:19:18	169	1:19:18
VP6 - Ruderclub	4.06	37:15	9:10	20	18:46	179	18:46	33.93	4:12:05	7:25	20	1:38:04	170	1:38:04
VP7 - Grenzturm	4.75	44:18	9:19	21	23:30	219	23:30	38.68	4:56:23	7:39	21	2:01:34	187	2:01:34
VP8 - Schönwald	7.53	1:12:47	9:39	21	37:11	217	37:11	46.21	6:09:10	7:59	21	2:38:45	195	2:38:45
VP9 - Falkenseer	5.69	59:12	10:24	21	32:04	214	32:04	51.90	7:08:22	8:15	21	3:10:49	200	3:10:49
VP10 - Karolinenl	6.60	1:10:49	10:43	21	40:40	211	40:40	58.50	8:19:11	8:31	21	3:51:29	196	3:51:29
VP11 - Pagel & Fi	4.90	55:20	11:17	19	32:35	198	32:35	63.40	9:14:31	8:44	21	4:24:04	194	4:24:04
VP12 - Schloss S	7.62	1:24:44	11:07	17	48:57	168	48:57	71.02	10:39:15	9:00	21	5:13:01	189	5:13:01
VP13 - Revierförs	6.21	1:07:20	10:50	21	37:40	206	37:40	77.23	11:46:35	9:08	21	5:50:41	188	5:50:41
VP14 - Brauhaus	6.00	1:02:14	10:22	18	32:42	175	32:42	83.23	12:48:49	9:14	21	6:23:23	189	6:23:23
VP15 - Gedenkst.	6.90	1:13:36	10:39	16	38:53	173	38:53	90.13	14:02:25	9:20	20	7:02:16	187	7:02:16
VP16 - Königswe	6.87	1:19:06	11:30	18	45:22	184	45:22	97.00	15:21:31	9:30	19	7:47:38	187	7:47:38
VP17 - Sportplatz	6.20	1:19:24	12:48	15	47:47	142	47:47	103.20	16:40:55	9:41	16	8:35:25	176	8:35:25
VP18 - Osdorfer	6.49	1:14:36	11:29	15	40:39	167	40:39	109.69	17:55:31	9:48	16	9:16:04	170	9:16:04
VP19 - Lichtenra	5.71	1:06:33	11:39	17	37:14	173	37:14	115.40	19:02:04	9:53	16	9:53:18	169	9:53:18
VP20 - Kirchhain	4.35	55:55	12:51	16	31:37	156	31:37	119.75	19:57:59	10:00	16	10:24:55	166	10:24:55
VP21 - Buckow	6.15	1:17:13	12:33	16	42:13	165	42:13	125.90	21:15:12	10:07	16	11:07:08	170	11:07:08
VP22 - Rudow	4.97	58:57	11:51	15	30:18	128	37:34	130.87	22:14:09	10:11	16	11:37:26	160	11:37:26
VP23 - Johannistl	5.89	1:12:33	12:19	15	38:52	139	38:52	136.76	23:26:42	10:17	16	12:16:18	162	12:16:18
VP24 - Dammwe	5.64	1:01:44	10:56	12	29:42	104	30:03	142.40	24:28:26	10:18	16	12:46:00	159	12:46:00
VP25 - Eas Side	6.33	1:12:26	11:26	10	32:22	102	35:06	148.73	25:40:52	10:21	16	13:18:22	158	13:18:22
VP26 - Checkpoir	4.22	44:19	10:30	10	20:15	103	21:26	152.95	26:25:11	10:21	16	13:38:37	154	13:38:37
VP27 - Gedenkst.	4.12	51:37	12:31	12	25:13	129	26:54	157.07	27:16:48	10:25	16	14:03:50	152	14:03:50
Friedrich-Ludwig	4.78	51:04	10:41	11	23:51	118	26:41	161.85	28:07:52	10:25	16	14:27:41	150	14:27:41