



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Peñalba, Rafael

☐☐☐: 28:07:57

☐☐: TEA / 100 MC

☐☐: 5.72 km/h

☐☐: 108

☐☐☐☐: 10:26 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 175 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 151 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 14(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	47:29	6:51	20	12:16	181	15:13	6.93	47:29	6:51	20	12:16	181	15:13
VP2 - Lauftreff Li	5.70	39:37	6:57	22	9:26	173	13:41	12.63	1:27:06	6:53	20	21:42	173	28:54
VP3 - Oranienbur	5.47	40:56	7:28	26	12:15	207	17:10	18.10	2:08:02	7:04	21	33:57	186	46:03
VP4 - Naturschut	4.97	42:31	8:33	26	14:07	203	19:22	23.07	2:50:33	7:23	22	48:04	193	1:05:25
VP5 - Frohnau	6.80	54:46	8:03	27	18:19	217	24:28	29.87	3:45:19	7:32	25	1:06:23	203	1:29:47
VP6 - Ruderclub	4.06	37:15	9:10	18	13:53	179	18:46	33.93	4:22:34	7:44	22	1:20:16	200	1:48:33
VP7 - Grenzturm	4.75	46:08	9:42	29	19:39	227	25:20	38.68	5:08:42	7:58	23	1:39:55	205	2:13:53
VP8 - Schönwald	7.53	1:11:17	9:27	22	28:35	212	35:41	46.21	6:19:59	8:13	23	2:08:30	206	2:49:34
VP9 - Falkenseer	5.69	54:25	9:33	20	20:41	186	27:17	51.90	7:14:24	8:22	23	2:29:11	204	3:16:51
VP10 - Karolinenl	6.60	58:46	8:54	13	20:32	138	28:37	58.50	8:13:10	8:25	19	2:49:43	193	3:45:28
VP11 - Pagel & Fi	4.90	47:29	9:41	18	15:03	135	24:44	63.40	9:00:39	8:31	19	3:04:28	182	4:10:12
VP12 - Schloss S	7.62	1:16:17	10:00	14	30:32	131	40:30	71.02	10:16:56	8:41	18	3:35:00	173	4:50:42
VP13 - Revierförs	6.21	1:02:39	10:05	20	21:09	184	32:59	77.23	11:19:35	8:47	18	3:56:09	176	5:23:41
VP14 - Brauhaus	6.00	59:53	9:58	18	20:41	161	30:21	83.23	12:19:28	8:53	18	4:16:50	174	5:54:02
VP15 - Gedenkst.	6.90	1:06:25	9:37	15	23:15	139	31:42	90.13	13:25:53	8:56	18	4:39:56	166	6:25:44
VP16 - Königswe	6.87	1:12:31	10:33	16	27:34	157	38:47	97.00	14:38:24	9:03	18	5:03:17	166	7:04:31
VP17 - Sportplatz	6.20	1:25:49	13:50	19	42:56	166	54:12	103.20	16:04:13	9:20	18	5:44:26	163	7:58:43
VP18 - Osdorfer	6.49	1:12:22	11:09	16	32:23	155	38:25	109.69	17:16:35	9:27	16	6:16:49	159	8:37:08
VP19 - Lichtenra	5.71	1:05:46	11:31	21	29:07	171	36:27	115.40	18:22:21	9:33	16	6:45:56	159	9:13:35
VP20 - Kirchhain	4.35	54:03	12:25	15	25:55	145	29:45	119.75	19:16:24	9:39	15	7:11:51	156	9:43:20
VP21 - Buckow	6.15	1:14:50	12:10	19	33:51	154	39:50	125.90	20:31:14	9:46	15	7:45:42	157	10:23:10
VP22 - Rudow	4.97	1:02:21	12:32	18	29:54	153	40:58	130.87	21:33:35	9:53	15	8:15:36	149	10:56:52
VP23 - Johannistl	5.89	1:17:34	13:10	17	39:44	160	43:53	136.76	22:51:09	10:01	15	8:55:20	149	11:40:45
VP24 - Dammwe	5.64	1:15:58	13:28	18	39:57	170	44:17	142.40	24:07:07	10:09	14	9:35:17	147	12:24:41
VP25 - Eas Side	6.33	1:23:47	13:14	18	38:11	158	46:27	148.73	25:30:54	10:17	14	10:13:06	149	13:08:24
VP26 - Checkpoir	4.22	50:41	12:00	16	23:22	148	27:48	152.95	26:21:35	10:20	14	10:23:15	149	13:35:01
VP27 - Gedenkst.	4.12	56:15	13:39	17	24:20	148	31:32	157.07	27:17:50	10:25	14	10:47:35	153	14:04:52
Friedrich-Ludwig	4.78	50:07	10:29	11	22:34	113	25:44	161.85	28:07:57	10:25	14	11:08:26	151	14:27:46