



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Spintler, Rene

☐☐☐: 28:09:06

☐☐: Trail-Running Team Teufelsrutsch

☐☐: 5.72 km/h

☐☐: 44

☐☐☐☐: 10:26 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 177 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 152 (of 247)

☐☐☐☐:

☐☐☐☐☐: 24(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:45	6:44	30	14:06	165	14:29	6.93	46:45	6:44	30	14:06	165	14:29
VP2 - Laufftreff Li	5.70	39:13	6:52	29	11:42	161	13:17	12.63	1:25:58	6:48	29	25:48	161	27:46
VP3 - Oranienbur	5.47	36:33	6:40	24	11:35	141	12:47	18.10	2:02:31	6:46	26	37:23	154	40:32
VP4 - Naturschut	4.97	37:09	7:28	28	11:31	143	14:00	23.07	2:39:40	6:55	29	48:54	152	54:32
VP5 - Frohnau	6.80	46:14	6:47	25	14:16	128	15:56	29.87	3:25:54	6:53	28	1:03:10	148	1:10:22
VP6 - Ruderclub	4.06	30:55	7:36	21	11:16	101	12:26	33.93	3:56:49	6:58	26	1:14:26	137	1:22:48
VP7 - Grenzturm	4.75	35:40	7:30	28	13:02	152	14:52	38.68	4:32:29	7:02	27	1:27:28	137	1:37:40
VP8 - Schönwald	7.53	55:34	7:22	17	17:49	96	19:58	46.21	5:28:03	7:05	25	1:45:17	129	1:57:38
VP9 - Falkenseer	5.69	47:14	8:18	24	17:05	128	20:06	51.90	6:15:17	7:13	26	2:02:22	130	2:17:44
VP10 - Karolinenl	6.60	1:00:12	9:07	27	25:40	152	30:03	58.50	7:15:29	7:26	24	2:28:02	128	2:47:47
VP11 - Pagel & Fi	4.90	51:07	10:25	29	23:54	170	28:22	63.40	8:06:36	7:40	25	2:51:56	131	3:16:09
VP12 - Schloss S	7.62	1:09:39	9:08	16	25:52	100	33:52	71.02	9:16:15	7:49	23	3:17:48	121	3:50:01
VP13 - Revierförs	6.21	52:02	8:22	15	14:44	91	22:22	77.23	10:08:17	7:52	24	3:32:32	118	4:12:23
VP14 - Brauhaus	6.00	1:08:38	11:26	33	31:16	204	39:06	83.23	11:16:55	8:07	25	4:03:48	128	4:51:29
VP15 - Gedenkst.	6.90	1:02:12	9:00	22	22:18	111	27:29	90.13	12:19:07	8:12	25	4:26:06	125	5:18:58
VP16 - Königswe	6.87	1:30:52	13:13	34	50:03	209	57:08	97.00	13:49:59	8:33	26	5:16:09	139	6:16:06
VP17 - Sportplatz	6.20	1:17:56	12:34	19	38:44	134	46:19	103.20	15:07:55	8:47	25	5:54:53	139	7:02:25
VP18 - Osdorfer	6.49	1:07:00	10:19	22	25:58	131	33:03	109.69	16:14:55	8:53	25	6:20:51	138	7:35:28
VP19 - Lichtenra	5.71	1:27:00	15:14	31	51:54	195	57:41	115.40	17:41:55	9:12	27	7:11:52	149	8:33:09
VP20 - Kirchhain	4.35	1:05:15	15:00	31	37:35	185	40:57	119.75	18:47:10	9:24	27	7:46:39	150	9:14:06
VP21 - Buckow	6.15	1:09:40	11:19	22	31:21	128	34:40	125.90	19:56:50	9:30	26	8:16:02	148	9:48:46
VP22 - Rudow	4.97	1:31:28	18:24	30	1:00:59	186	1:10:05	130.87	21:28:18	9:50	25	9:14:58	148	10:51:35
VP23 - Johannistl	5.89	1:15:41	12:50	23	38:22	155	42:00	136.76	22:43:59	9:58	25	9:52:11	148	11:33:35
VP24 - Dammwe	5.64	1:01:25	10:53	17	25:29	101	29:44	142.40	23:45:24	10:00	23	10:15:47	143	12:02:58
VP25 - Eas Side	6.33	1:25:35	13:31	25	43:11	163	48:15	148.73	25:10:59	10:09	24	10:58:12	144	12:48:29
VP26 - Checkpoir	4.22	52:07	12:20	21	27:05	155	29:14	152.95	26:03:06	10:13	24	11:22:07	145	13:16:32
VP27 - Gedenkst.	4.12	1:00:58	14:47	23	35:06	164	36:15	157.07	27:04:04	10:20	24	11:57:13	147	13:51:06
Friedrich-Ludwig	4.78	1:05:02	13:36	27	36:50	176	40:39	161.85	28:09:06	10:26	24	12:34:03	152	14:28:55