



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Roß, Patrick

☐☐: LG Mauerweg

☐☐: 56

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 28:10:19

☐☐: 5.71 km/h

☐☐☐☐: 10:26 min/km

☐☐☐☐☐/☐☐☐☐: 178 (of 296)

☐☐☐☐☐/☐☐: 154 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 37(of 53)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	38:19	5:31	9	6:03	34	6:03	6.93	38:19	5:31	9	6:03	34	6:03
VP2 - Laufftreff Li	5.70	31:51	5:35	9	5:55	29	5:55	12.63	1:10:10	5:33	9	11:57	27	11:58
VP3 - Oranienbur	5.47	30:58	5:39	7	7:12	37	7:12	18.10	1:41:08	5:35	9	19:09	34	19:09
VP4 - Naturschut	4.97	30:04	6:02	7	6:55	30	6:55	23.07	2:11:12	5:41	8	26:04	32	26:04
VP5 - Frohnau	6.80	42:17	6:13	19	11:51	74	11:59	29.87	2:53:29	5:48	9	37:55	37	37:57
VP6 - Ruderclub	4.06	34:53	8:35	35	16:23	154	16:24	33.93	3:28:22	6:08	14	54:18	58	54:21
VP7 - Grenzturm	4.75	33:07	6:58	25	10:49	99	12:19	38.68	4:01:29	6:14	16	1:05:07	65	1:06:40
VP8 - Schönwald	7.53	55:01	7:18	26	17:16	89	19:25	46.21	4:56:30	6:24	17	1:22:23	71	1:26:05
VP9 - Falkenseer	5.69	44:50	7:52	25	14:18	100	17:42	51.90	5:41:20	6:34	18	1:36:41	72	1:43:47
VP10 - Karolinenl	6.60	53:27	8:05	26	18:25	97	23:18	58.50	6:34:47	6:44	18	1:52:15	70	2:07:05
VP11 - Pagel & Fi	4.90	42:50	8:44	26	16:08	102	20:05	63.40	7:17:37	6:54	20	2:08:14	69	2:27:10
VP12 - Schloss S	7.62	1:12:58	9:34	30	29:32	116	37:11	71.02	8:30:35	7:11	19	2:37:37	72	3:04:21
VP13 - Revierförs	6.21	59:51	9:38	43	24:37	173	30:11	77.23	9:30:26	7:23	20	3:00:45	79	3:34:32
VP14 - Brauhaus	6.00	1:03:31	10:35	40	29:19	180	33:59	83.23	10:33:57	7:37	25	3:26:21	88	4:08:31
VP15 - Gedenkst.	6.90	1:06:56	9:42	34	30:48	143	32:13	90.13	11:40:53	7:46	25	3:47:17	92	4:40:44
VP16 - Königswe	6.87	1:09:35	10:07	36	24:46	147	35:51	97.00	12:50:28	7:56	26	4:08:35	98	5:16:35
VP17 - Sportplatz	6.20	1:14:20	11:59	32	39:44	119	42:43	103.20	14:04:48	8:11	26	4:45:48	99	5:59:18
VP18 - Osdorfer	6.49	1:20:15	12:21	38	36:59	173	46:18	109.69	15:25:03	8:25	29	5:22:47	111	6:45:36
VP19 - Lichtenra	5.71	1:10:54	12:25	42	35:51	185	41:35	115.40	16:35:57	8:37	31	5:54:21	120	7:27:11
VP20 - Kirchhain	4.35	1:01:32	14:08	40	31:52	173	37:14	119.75	17:37:29	8:49	33	6:26:13	123	8:04:25
VP21 - Buckow	6.15	1:38:13	15:58	43	59:51	190	1:03:13	125.90	19:15:42	9:10	36	7:22:40	129	9:07:38
VP22 - Rudow	4.97	1:20:20	16:09	43	50:01	182	58:57	130.87	20:36:02	9:26	36	8:01:15	135	9:59:19
VP23 - Johannistl	5.89	1:58:40	20:08	43	1:21:49	183	1:24:59	136.76	22:34:42	9:54	37	9:21:37	146	11:24:18
VP24 - Dammwe	5.64	1:13:02	12:56	37	41:21	156	41:21	142.40	23:47:44	10:01	36	10:02:58	145	12:05:18
VP25 - Eas Side	6.33	1:37:21	15:22	40	1:00:01	178	1:00:01	148.73	25:25:05	10:15	36	11:02:59	147	13:02:35
VP26 - Checkpoir	4.22	57:37	13:39	39	34:44	172	34:44	152.95	26:22:42	10:20	36	11:37:43	150	13:36:08
VP27 - Gedenkst.	4.12	55:15	13:24	32	30:32	146	30:32	157.07	27:17:57	10:25	37	12:08:15	154	14:04:59
Friedrich-Ludwig	4.78	52:22	10:57	32	27:59	129	27:59	161.85	28:10:19	10:26	37	12:36:14	154	14:30:08