



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Mecking Dr., Bettina

☐☐☐: 28:10:19

☐☐: betty runs for love and chocolate  
☐☐: 161

☐☐: 5.71 km/h  
☐☐☐☐: 10:26 min/km

☐☐: 161.85 km  
100MeilenBerlin

☐☐☐☐☐/☐☐☐☐: 179 (of 296)

☐☐☐☐☐/☐: 25 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 7(of 12)

Seniorinnen W45 (45-49 Jahre)

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