



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Gnauert, Rene

☐☐☐: 28:10:19

☐☐: keiner

☐☐: 5.71 km/h

☐☐: 166

☐☐☐☐: 10:26 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 180 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 154 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 26(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	47:36	6:52	32	14:57	183	15:20	6.93	47:36	6:52	32	14:57	183	15:20
VP2 - Laufftreff Li	5.70	40:59	7:11	33	13:28	191	15:03	12.63	1:28:35	7:00	32	28:25	186	30:23
VP3 - Oranienbur	5.47	39:34	7:14	32	14:36	192	15:48	18.10	2:08:09	7:04	33	43:01	189	46:10
VP4 - Naturschut	4.97	44:37	8:58	34	18:59	219	21:28	23.07	2:52:46	7:29	33	1:02:00	201	1:07:38
VP5 - Frohnau	6.80	48:20	7:06	29	16:22	154	18:02	29.87	3:41:06	7:24	33	1:18:22	192	1:25:34
VP6 - Ruderclub	4.06	36:25	8:58	30	16:46	169	17:56	33.93	4:17:31	7:35	32	1:35:08	188	1:43:30
VP7 - Grenzturm	4.75	36:02	7:35	30	13:24	158	15:14	38.68	4:53:33	7:35	32	1:48:32	178	1:58:44
VP8 - Schönwald	7.53	1:05:10	8:39	30	27:25	185	29:34	46.21	5:58:43	7:45	32	2:15:57	182	2:28:18
VP9 - Falkenseer	5.69	47:35	8:21	25	17:26	132	20:27	51.90	6:46:18	7:49	31	2:33:23	170	2:48:45
VP10 - Karolinenl	6.60	1:00:10	9:06	26	25:38	150	30:01	58.50	7:46:28	7:58	31	2:59:01	164	3:18:46
VP11 - Pagel & Fi	4.90	46:18	9:26	21	19:05	122	23:33	63.40	8:32:46	8:05	30	3:18:06	158	3:42:19
VP12 - Schloss S	7.62	1:26:44	11:22	31	42:57	178	50:57	71.02	9:59:30	8:26	30	4:01:03	159	4:33:16
VP13 - Revierförs	6.21	52:28	8:26	17	15:10	99	22:48	77.23	10:51:58	8:26	29	4:16:13	155	4:56:04
VP14 - Brauhaus	6.00	56:00	9:20	23	18:38	138	26:28	83.23	11:47:58	8:30	29	4:34:51	154	5:22:32
VP15 - Gedenkst.	6.90	1:07:26	9:46	26	27:32	147	32:43	90.13	12:55:24	8:36	29	5:02:23	153	5:55:15
VP16 - Königswe	6.87	1:24:16	12:15	33	43:27	201	50:32	97.00	14:19:40	8:51	29	5:45:50	157	6:45:47
VP17 - Sportplatz	6.20	1:34:11	15:11	28	54:59	189	1:02:34	103.20	15:53:51	9:14	30	6:40:49	159	7:48:21
VP18 - Osdorfer	6.49	1:07:42	10:25	24	26:40	134	33:45	109.69	17:01:33	9:18	28	7:07:29	154	8:22:06
VP19 - Lichtenra	5.71	1:08:25	11:58	27	33:19	181	39:06	115.40	18:09:58	9:26	28	7:39:55	157	9:01:12
VP20 - Kirchhain	4.35	1:02:12	14:17	28	34:32	175	37:54	119.75	19:12:10	9:37	28	8:11:39	154	9:39:06
VP21 - Buckow	6.15	1:31:41	14:54	29	53:22	187	56:41	125.90	20:43:51	9:52	28	9:03:03	159	10:35:47
VP22 - Rudow	4.97	1:07:12	13:31	24	36:43	169	45:49	130.87	21:51:03	10:01	27	9:37:43	156	11:14:20
VP23 - Johannistl	5.89	1:17:22	13:08	25	40:03	159	43:41	136.76	23:08:25	10:09	27	10:16:37	157	11:58:01
VP24 - Dammwe	5.64	1:14:36	13:13	28	38:40	162	42:55	142.40	24:23:01	10:16	26	10:53:24	157	12:40:35
VP25 - Eas Side	6.33	1:15:37	11:56	19	33:13	122	38:17	148.73	25:38:38	10:20	26	11:25:51	154	13:16:08
VP26 - Checkpoir	4.22	50:29	11:57	18	25:27	146	27:36	152.95	26:29:07	10:23	26	11:48:08	158	13:42:33
VP27 - Gedenkst.	4.12	49:55	12:06	15	24:03	117	25:12	157.07	27:19:02	10:26	26	12:12:11	157	14:06:04
Friedrich-Ludwig	4.78	51:17	10:43	18	23:05	119	26:54	161.85	28:10:19	10:26	26	12:35:16	154	14:30:08