



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Rump, Eckhard

☐☐: LG Oelde/Wadersloh

☐☐: 155

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 28:10:49

☐☐: 5.71 km/h

☐☐☐☐: 10:27 min/km

☐☐☐☐☐/☐☐☐☐: 182 (of 296)

☐☐☐☐☐/☐: 157 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 32(of 51)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	49:26	7:07	46	16:08	206	6.93	49:26	7:07	46	16:08	206	17:10
VP2 - Laufftreff Li	5.70	41:35	7:17	43	13:56	202	12.63	1:31:01	7:12	44	30:04	206	32:49
VP3 - Oranienbur	5.47	41:19	7:33	44	15:07	210	18.10	2:12:20	7:18	43	45:04	207	50:21
VP4 - Naturschut	4.97	43:56	8:50	46	19:05	216	23.07	2:56:16	7:38	43	1:04:09	208	1:11:08
VP5 - Frohnau	6.80	53:06	7:48	44	20:22	206	29.87	3:49:22	7:40	44	1:24:31	211	1:33:50
VP6 - Ruderclub	4.06	36:13	8:55	37	14:44	167	33.93	4:25:35	7:49	43	1:39:15	202	1:51:34
VP7 - Grenzturm	4.75	41:46	8:47	47	16:23	208	38.68	5:07:21	7:56	44	1:55:38	202	2:12:32
VP8 - Schönwald	7.53	1:27:44	11:39	51	45:17	235	46.21	6:35:05	8:32	48	2:40:55	220	3:04:40
VP9 - Falkenseer	5.69	1:00:41	10:39	50	26:51	221	51.90	7:35:46	8:46	47	3:07:46	219	3:38:13
VP10 - Karolinenl	6.60	1:05:59	9:59	42	25:47	190	58.50	8:41:45	8:55	46	3:33:16	216	4:14:03
VP11 - Pagel & Fi	4.90	56:16	11:28	41	26:09	204	63.40	9:38:01	9:07	43	3:57:41	213	4:47:34
VP12 - Schloss S	7.62	1:11:25	9:22	20	23:12	110	71.02	10:49:26	9:08	39	4:20:53	191	5:23:12
VP13 - Revierförs	6.21	1:09:40	11:13	42	28:51	211	77.23	11:59:06	9:18	40	4:49:34	200	6:03:12
VP14 - Brauhaus	6.00	1:08:55	11:29	43	26:44	206	83.23	13:08:01	9:28	43	5:15:53	205	6:42:35
VP15 - Gedenkst.	6.90	1:19:01	11:27	42	33:53	196	90.13	14:27:02	9:37	43	5:45:07	200	7:26:53
VP16 - Königswe	6.87	1:34:34	13:45	43	45:52	211	97.00	16:01:36	9:54	43	6:30:59	204	8:27:43
VP17 - Sportplatz	6.20	1:03:27	10:14	16	18:38	76	103.20	17:05:03	9:55	41	6:48:52	195	8:59:33
VP18 - Osdorfer	6.49	1:05:50	10:08	27	19:29	126	109.69	18:10:53	9:56	37	7:06:20	179	9:31:26
VP19 - Lichtenra	5.71	1:01:40	10:47	29	21:42	141	115.40	19:12:33	9:59	37	7:24:58	178	10:03:47
VP20 - Kirchhain	4.35	55:42	12:48	30	24:25	153	119.75	20:08:15	10:05	35	7:45:00	173	10:35:11
VP21 - Buckow	6.15	1:10:18	11:25	27	27:00	135	125.90	21:18:33	10:09	34	8:09:22	173	11:10:29
VP22 - Rudow	4.97	1:01:06	12:17	35	23:45	146	130.87	22:19:39	10:14	33	8:28:32	164	11:42:56
VP23 - Johannistl	5.89	1:04:07	10:53	28	18:25	108	136.76	23:23:46	10:15	33	8:45:13	160	12:13:22
VP24 - Dammwe	5.64	58:51	10:26	20	18:20	90	142.40	24:22:37	10:16	33	8:53:39	155	12:40:11
VP25 - Eas Side	6.33	1:16:27	12:04	28	28:31	127	148.73	25:39:04	10:20	32	9:16:18	155	13:16:34
VP26 - Checkpoir	4.22	50:00	11:50	33	20:20	144	152.95	26:29:04	10:23	32	9:34:17	157	13:42:30
VP27 - Gedenkst.	4.12	49:07	11:55	25	18:00	110	157.07	27:18:11	10:25	31	9:48:40	155	14:05:13
Friedrich-Ludwig	4.78	52:38	11:00	30	24:40	133	161.85	28:10:49	10:26	32	10:06:58	157	14:30:38