



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Dieter, Alexander

☐☐☐: 28:10:38

☐☐: Emergency room runners Frankfurt

☐☐: 5.71 km/h

☐☐: 77

☐☐☐☐: 10:27 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 181 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 156 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 31(of 51)

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	48:53	7:03	44	15:35	197	16:37	6.93	48:53	7:03	44	15:35	197	16:37
VP2 - Laufftreff Li	5.70	41:52	7:20	45	14:13	208	15:56	12.63	1:30:45	7:11	43	29:48	204	32:33
VP3 - Oranienbur	5.47	42:38	7:47	47	16:26	220	18:52	18.10	2:13:23	7:22	46	46:07	214	51:24
VP4 - Naturschut	4.97	46:23	9:19	48	21:32	231	23:14	23.07	2:59:46	7:47	48	1:07:39	221	1:14:38
VP5 - Frohnau	6.80	57:58	8:31	49	25:14	225	27:40	29.87	3:57:44	7:57	48	1:32:53	224	1:42:12
VP6 - Ruderclub	4.06	44:28	10:57	50	22:59	223	25:59	33.93	4:42:12	8:19	49	1:55:52	223	2:08:11
VP7 - Grenzturm	4.75	47:25	9:58	50	22:02	231	26:37	38.68	5:29:37	8:31	50	2:17:54	225	2:34:48
VP8 - Schönwald	7.53	1:13:31	9:45	47	31:04	218	37:55	46.21	6:43:08	8:43	50	2:48:58	229	3:12:43
VP9 - Falkenseer	5.69	56:59	10:00	46	23:09	204	29:51	51.90	7:40:07	8:51	49	3:12:07	224	3:42:34
VP10 - Karolinenl	6.60	1:07:09	10:10	43	26:57	198	37:00	58.50	8:47:16	9:00	47	3:38:47	219	4:19:34
VP11 - Pagel & Fi	4.90	45:12	9:13	23	15:05	116	22:27	63.40	9:32:28	9:01	42	3:52:08	211	4:42:01
VP12 - Schloss S	7.62	1:33:56	12:19	42	45:43	201	58:09	71.02	11:06:24	9:22	41	4:37:51	205	5:40:10
VP13 - Revierförs	6.21	59:14	9:32	35	18:25	165	29:34	77.23	12:05:38	9:23	42	4:56:06	204	6:09:44
VP14 - Brauhaus	6.00	1:01:40	10:16	34	19:29	170	32:08	83.23	13:07:18	9:27	41	5:15:10	201	6:41:52
VP15 - Gedenkst.	6.90	1:16:04	11:01	40	30:56	184	41:21	90.13	14:23:22	9:34	42	5:41:27	197	7:23:13
VP16 - Königswe	6.87	1:17:28	11:16	35	28:46	179	43:44	97.00	15:40:50	9:41	40	6:10:13	192	8:06:57
VP17 - Sportplatz	6.20	1:22:14	13:15	33	37:25	153	50:37	103.20	17:03:04	9:54	40	6:46:53	192	8:57:34
VP18 - Osdorfer	6.49	1:09:40	10:44	31	23:19	148	35:43	109.69	18:12:44	9:57	38	7:08:11	181	9:33:17
VP19 - Lichtenrav	5.71	1:02:42	10:58	33	22:44	146	33:23	115.40	19:15:26	10:00	38	7:27:51	179	10:06:40
VP20 - Kirchhain	4.35	59:14	13:37	36	27:57	172	34:56	119.75	20:14:40	10:08	36	7:51:25	176	10:41:36
VP21 - Buckow	6.15	1:12:36	11:48	32	29:18	149	37:36	125.90	21:27:16	10:13	35	8:18:05	176	11:19:12
VP22 - Rudow	4.97	56:55	11:27	29	19:34	122	35:32	130.87	22:24:11	10:16	34	8:33:04	167	11:47:28
VP23 - Johannistl	5.89	1:02:10	10:33	25	16:28	96	28:29	136.76	23:26:21	10:17	34	8:47:48	161	12:15:57
VP24 - Dammwe	5.64	1:00:06	10:39	21	19:35	98	28:25	142.40	24:26:27	10:17	34	8:57:29	158	12:44:01
VP25 - Eas Side	6.33	1:13:16	11:34	22	25:20	111	35:56	148.73	25:39:43	10:21	33	9:16:57	157	13:17:13
VP26 - Checkpoir	4.22	49:32	11:44	32	19:52	141	26:39	152.95	26:29:15	10:23	33	9:34:28	159	13:42:41
VP27 - Gedenkst.	4.12	49:47	12:04	26	18:40	115	25:04	157.07	27:19:02	10:26	33	9:49:31	157	14:06:04
Friedrich-Ludwig	4.78	51:36	10:47	27	23:38	123	27:13	161.85	28:10:38	10:26	31	10:06:47	156	14:30:27