



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Keßler, Rolf

☐☐: www.laufmalwieder.de

☐☐: 282

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 28:10:49

☐☐: 5.71 km/h

☐☐☐☐: 10:27 min/km

☐☐☐☐☐/☐☐☐☐: 184 (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	43:32	6:16	19	10:14	95	6.93	43:32	6:16	19	10:14	95	11:16
VP2 - Laufftreff Li	5.70	36:50	6:27	20	9:11	111	12.63	1:20:22	6:21	21	19:25	103	22:10
VP3 - Oranienbur	5.47	37:31	6:51	32	11:19	154	18.10	1:57:53	6:30	24	30:37	121	35:54
VP4 - Naturschut	4.97	37:58	7:38	31	13:07	153	23.07	2:35:51	6:45	27	43:44	129	50:43
VP5 - Frohnau	6.80	48:42	7:09	34	15:58	158	29.87	3:24:33	6:50	29	59:42	142	1:09:01
VP6 - Ruderclub	4.06	42:14	10:24	47	20:45	211	33.93	4:06:47	7:16	35	1:20:27	159	1:32:46
VP7 - Grenzturm	4.75	35:54	7:33	35	10:31	156	38.68	4:42:41	7:18	35	1:30:58	155	1:47:52
VP8 - Schönwald	7.53	1:03:57	8:29	39	21:30	169	46.21	5:46:38	7:30	35	1:52:28	157	2:16:13
VP9 - Falkenseer	5.69	52:18	9:11	38	18:28	175	51.90	6:38:56	7:41	36	2:10:56	163	2:41:23
VP10 - Karolinenl	6.60	58:18	8:50	31	18:06	137	58.50	7:37:14	7:48	32	2:28:45	157	3:09:32
VP11 - Pagel & Fi	4.90	51:53	10:35	36	21:46	178	63.40	8:29:07	8:01	30	2:48:47	153	3:38:40
VP12 - Schloss S	7.62	1:33:09	12:13	41	44:56	200	71.02	10:02:16	8:28	32	3:33:43	164	4:36:02
VP13 - Revierförs	6.21	59:14	9:32	35	18:25	165	77.23	11:01:30	8:33	33	3:51:58	165	5:05:36
VP14 - Brauhaus	6.00	1:04:34	10:45	40	22:23	186	83.23	12:06:04	8:43	32	4:13:56	164	5:40:38
VP15 - Gedenkst.	6.90	1:12:48	10:33	34	27:40	167	90.13	13:18:52	8:51	31	4:36:57	161	6:18:43
VP16 - Königswe	6.87	1:10:16	10:13	30	21:34	148	97.00	14:29:08	8:57	32	4:58:31	161	6:55:15
VP17 - Sportplatz	6.20	1:31:15	14:43	35	46:26	176	103.20	16:00:23	9:18	32	5:44:12	161	7:54:53
VP18 - Osdorfer	6.49	1:13:24	11:18	33	27:03	159	109.69	17:13:47	9:25	33	6:09:14	158	8:34:20
VP19 - Lichtenrav	5.71	1:05:12	11:25	37	25:14	165	115.40	18:18:59	9:31	34	6:31:24	158	9:10:13
VP20 - Kirchhain	4.35	56:14	12:55	34	24:57	161	119.75	19:15:13	9:38	32	6:51:58	155	9:42:09
VP21 - Buckow	6.15	1:15:23	12:15	34	32:05	156	125.90	20:30:36	9:46	31	7:21:25	156	10:22:32
VP22 - Rudow	4.97	1:03:08	12:42	36	25:47	158	130.87	21:33:44	9:53	30	7:42:37	150	10:57:01
VP23 - Johannistl	5.89	1:17:35	13:10	37	31:53	161	136.76	22:51:19	10:01	30	8:12:46	150	11:40:55
VP24 - Dammwe	5.64	1:15:50	13:26	37	35:19	169	142.40	24:07:09	10:09	30	8:38:11	148	12:24:43
VP25 - Eas Side	6.33	1:24:00	13:16	35	36:04	159	148.73	25:31:09	10:17	30	9:08:23	150	13:08:39
VP26 - Checkpoir	4.22	55:27	13:08	35	25:47	168	152.95	26:26:36	10:22	31	9:31:49	155	13:40:02
VP27 - Gedenkst.	4.12	51:37	12:31	28	20:30	129	157.07	27:18:13	10:25	32	9:48:42	156	14:05:15
Friedrich-Ludwig	4.78	52:36	11:00	29	24:38	132	161.85	28:10:49	10:26	32	10:06:58	157	14:30:38