



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Pinsker, Marcus

☐☐: LG Mauerweg e.V.
☐☐: 23

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Senioren M45 (45-49 Jahre)

☐☐☐: 28:13:39

☐☐: 5.70 km/h
☐☐☐☐: 10:28 min/km

☐☐☐☐☐/☐☐☐☐: 185 (of 296)

☐☐☐☐☐/☐: 159 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 38(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	51:04	7:22	49	18:48	225	18:48	6.93	51:04	7:22	49	18:48	225	18:48
VP2 - Laufftreff Li	5.70	44:12	7:45	49	18:16	229	18:16	12.63	1:35:16	7:32	50	37:03	230	37:04
VP3 - Oranienbur	5.47	43:06	7:52	49	19:20	222	19:20	18.10	2:18:22	7:38	50	56:23	228	56:23
VP4 - Naturschut	4.97	41:49	8:24	44	18:40	196	18:40	23.07	3:00:11	7:48	49	1:15:03	222	1:15:03
VP5 - Frohnau	6.80	53:58	7:56	45	23:32	212	23:40	29.87	3:54:09	7:50	46	1:38:35	217	1:38:37
VP6 - Ruderclub	4.06	43:37	10:44	47	25:07	219	25:08	33.93	4:37:46	8:11	48	2:03:42	219	2:03:45
VP7 - Grenzturm	4.75	39:52	8:23	44	17:34	199	19:04	38.68	5:17:38	8:12	46	2:21:16	215	2:22:49
VP8 - Schönwald	7.53	1:12:26	9:37	47	34:41	216	36:50	46.21	6:30:04	8:26	45	2:55:57	213	2:59:39
VP9 - Falkenseer	5.69	53:06	9:19	41	22:34	179	25:58	51.90	7:23:10	8:32	45	3:18:31	211	3:25:37
VP10 - Karolinenl	6.60	1:14:57	11:21	47	39:55	222	44:48	58.50	8:38:07	8:51	46	3:55:35	214	4:10:25
VP11 - Pagel & Fi	4.90	47:57	9:47	30	21:15	143	25:12	63.40	9:26:04	8:55	44	4:16:41	204	4:35:37
VP12 - Schloss S	7.62	1:32:06	12:05	42	48:40	196	56:19	71.02	10:58:10	9:16	42	5:05:12	200	5:31:56
VP13 - Revierförs	6.21	1:08:29	11:01	48	33:15	208	38:49	77.23	12:06:39	9:24	45	5:36:58	207	6:10:45
VP14 - Brauhaus	6.00	59:36	9:56	36	25:24	160	30:04	83.23	13:06:15	9:26	42	5:58:39	199	6:40:49
VP15 - Gedenkst.	6.90	1:12:38	10:31	37	36:30	166	37:55	90.13	14:18:53	9:31	41	6:25:17	195	7:18:44
VP16 - Königswe	6.87	1:19:29	11:34	42	34:40	186	45:45	97.00	15:38:22	9:40	41	6:56:29	191	8:04:29
VP17 - Sportplatz	6.20	1:25:18	13:45	35	50:42	165	53:41	103.20	17:03:40	9:55	42	7:44:40	193	8:58:10
VP18 - Osdorfer	6.49	1:09:06	10:38	33	25:50	145	35:09	109.69	18:12:46	9:57	41	8:10:30	182	9:33:19
VP19 - Lichtenrav	5.71	57:46	10:07	32	22:43	127	28:27	115.40	19:10:32	9:58	40	8:28:56	174	10:01:46
VP20 - Kirchhain	4.35	52:05	11:58	37	22:25	130	27:47	119.75	20:02:37	10:02	41	8:51:21	169	10:29:33
VP21 - Buckow	6.15	1:11:23	11:36	35	33:01	142	36:23	125.90	21:14:00	10:07	40	9:20:58	169	11:05:56
VP22 - Rudow	4.97	1:06:34	13:23	38	36:15	165	45:11	130.87	22:20:34	10:14	40	9:45:47	166	11:43:51
VP23 - Johannistl	5.89	1:10:19	11:56	32	33:28	130	36:38	136.76	23:30:53	10:18	40	10:17:48	165	12:20:29
VP24 - Dammwe	5.64	1:07:04	11:53	30	35:23	134	35:23	142.40	24:37:57	10:22	39	10:53:11	162	12:55:31
VP25 - Eas Side	6.33	1:11:06	11:13	25	33:46	98	33:46	148.73	25:49:03	10:24	39	11:26:57	160	13:26:33
VP26 - Checkpoir	4.22	50:04	11:51	34	27:11	145	27:11	152.95	26:39:07	10:27	39	11:54:08	160	13:52:33
VP27 - Gedenkst.	4.12	46:49	11:21	20	22:06	88	22:06	157.07	27:25:56	10:28	39	12:16:14	160	14:12:58
Friedrich-Ludwig	4.78	47:43	9:58	25	23:20	104	23:20	161.85	28:13:39	10:27	38	12:39:34	159	14:33:28