



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Möhr, Andrea

☐☐: LG Mauerweg e.V

☐☐: 210

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W50 (50-54 Jahre)

☐☐☐: 28:14:35

☐☐: 5.70 km/h

☐☐☐☐: 10:28 min/km

☐☐☐☐☐/☐☐☐☐: 186 (of 296)

☐☐☐☐☐/☐: 27 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 6(of 7)

☐☐☐☐☐☐☐: 19:29:40

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