



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Poidomani, Inge

☐☐: Modipa Athletic Club

☐☐: 208

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W60 (60-64 Jahre)

☐☐☐: 28:22:36

☐☐: 5.67 km/h

☐☐☐☐: 10:31 min/km

☐☐☐☐☐/☐☐☐☐: 188 (of 296)

☐☐☐☐☐/☐: 28 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 2(of 2)

☐☐☐☐☐☐☐: 26:21:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	42:37	6:08	1	-	9	4:28	6.93	42:37	6:08	1	-	9	4:28
VP2 - Laufftreff Li	5.70	37:18	6:32	1	-	13	5:14	12.63	1:19:55	6:19	1	-	10	9:20
VP3 - Oranienbur	5.47	37:36	6:52	1	-	21	8:19	18.10	1:57:31	6:29	1	-	14	17:28
VP4 - Naturschut	4.97	38:34	7:45	1	-	23	10:26	23.07	2:36:05	6:45	1	-	17	27:54
VP5 - Frohnau	6.80	48:06	7:04	1	-	20	11:23	29.87	3:24:11	6:50	1	-	19	39:17
VP6 - Ruderclub	4.06	34:45	8:33	2	2:56	21	12:45	33.93	3:58:56	7:02	1	-	17	52:02
VP7 - Grenzturm	4.75	1:07:47	14:16	2	29:22	47	42:08	38.68	5:06:43	7:55	2	17:55	31	1:34:10
VP8 - Schönwald	7.53	49:50	6:37	1	-	6	8:14	46.21	5:56:33	7:42	1	-	24	1:42:24
VP9 - Falkenseer	5.69	57:59	10:11	2	7:15	37	26:02	51.90	6:54:32	7:59	2	6:56	27	2:08:26
VP10 - Karolinenl	6.60	1:08:06	10:19	2	8:17	36	30:51	58.50	8:02:38	8:15	2	15:13	28	2:39:17
VP11 - Pagel & Fi	4.90	53:19	10:52	2	8:39	35	25:31	63.40	8:55:57	8:27	2	23:52	29	3:04:48
VP12 - Schloss S	7.62	1:20:32	10:34	2	13:09	26	36:46	71.02	10:16:29	8:40	2	37:01	28	3:41:34
VP13 - Revierförs	6.21	1:02:59	10:08	2	9:40	34	26:16	77.23	11:19:28	8:47	2	46:41	29	4:07:50
VP14 - Brauhaus	6.00	1:03:36	10:35	1	-	33	26:16	83.23	12:23:04	8:55	2	40:26	29	4:34:06
VP15 - Gedenkst.	6.90	1:20:54	11:43	2	21:19	35	42:19	90.13	13:43:58	9:08	2	1:01:45	29	5:16:25
VP16 - Königswe	6.87	1:37:37	14:12	2	31:37	38	56:02	97.00	15:21:35	9:30	2	1:33:22	32	6:12:27
VP17 - Sportplatz	6.20	1:23:29	13:27	2	18:36	30	48:30	103.20	16:45:04	9:44	2	1:51:58	30	7:00:57
VP18 - Osdorfer	6.49	1:14:23	11:27	2	9:43	28	34:55	109.69	17:59:27	9:50	2	2:01:41	31	7:28:23
VP19 - Lichtenrav	5.71	1:05:23	11:27	2	5:59	29	29:18	115.40	19:04:50	9:55	2	2:07:40	31	7:57:41
VP20 - Kirchhain	4.35	50:47	11:40	2	2:51	17	23:54	119.75	19:55:37	9:59	2	2:10:31	31	8:21:35
VP21 - Buckow	6.15	1:14:50	12:10	1	-	28	38:14	125.90	21:10:27	10:05	2	2:10:03	31	8:59:49
VP22 - Rudow	4.97	1:05:47	13:14	1	-	29	33:38	130.87	22:16:14	10:12	2	2:07:33	28	9:33:27
VP23 - Johannistl	5.89	1:18:19	13:17	2	6:36	30	40:48	136.76	23:34:33	10:20	2	2:14:09	27	10:14:15
VP24 - Dammwe	5.64	1:05:10	11:33	1	-	23	29:34	142.40	24:39:43	10:23	2	2:10:37	28	10:43:49
VP25 - Eas Side	6.33	1:16:06	12:01	1	-	22	36:00	148.73	25:55:49	10:27	2	2:08:37	28	11:19:49
VP26 - Checkpoir	4.22	45:14	10:43	1	-	21	19:05	152.95	26:41:03	10:28	2	1:59:46	28	11:38:54
VP27 - Gedenkst.	4.12	48:38	11:48	2	1:20	18	21:06	157.07	27:29:41	10:30	2	2:01:06	28	12:00:00
Friedrich-Ludwig	4.78	52:55	11:04	2	0:27	25	24:57	161.85	28:22:36	10:31	2	2:01:33	28	12:24:57