



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Jeckl, Thomas

☐☐: Kein Verein

☐☐: 143

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 28:23:01

☐☐: 5.67 km/h

☐☐☐☐: 10:31 min/km

☐☐☐☐☐/☐☐☐☐: 189 (of 296)

☐☐☐☐☐/☐: 161 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 39(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	46:08	6:39	33	13:52	140	13:52	6.93	46:08	6:39	33	13:52	140	13:52
VP2 - Laufftreff Li	5.70	37:02	6:29	29	11:06	116	11:06	12.63	1:23:10	6:35	32	24:57	134	24:58
VP3 - Oranienbur	5.47	35:38	6:30	26	11:52	117	11:52	18.10	1:58:48	6:33	32	36:49	128	36:49
VP4 - Naturschut	4.97	41:02	8:15	42	17:53	189	17:53	23.07	2:39:50	6:55	35	54:42	154	54:42
VP5 - Frohnau	6.80	50:19	7:23	41	19:53	179	20:01	29.87	3:30:09	7:02	36	1:14:35	158	1:14:37
VP6 - Ruderclub	4.06	47:21	11:39	49	28:51	227	28:52	33.93	4:17:30	7:35	44	1:43:26	187	1:43:29
VP7 - Grenzturm	4.75	38:24	8:05	42	16:06	185	17:36	38.68	4:55:54	7:38	42	1:59:32	184	2:01:05
VP8 - Schönwald	7.53	1:03:13	8:23	37	25:28	164	27:37	46.21	5:59:07	7:46	42	2:25:00	184	2:28:42
VP9 - Falkenseer	5.69	48:22	8:30	33	17:50	139	21:14	51.90	6:47:29	7:51	40	2:42:50	175	2:49:56
VP10 - Karolinenl	6.60	59:11	8:58	37	24:09	143	29:02	58.50	7:46:40	7:58	39	3:04:08	166	3:18:58
VP11 - Pagel & Fi	4.90	56:55	11:36	44	30:13	210	34:10	63.40	8:43:35	8:15	40	3:34:12	173	3:53:08
VP12 - Schloss S	7.62	1:22:40	10:50	38	39:14	163	46:53	71.02	10:06:15	8:32	38	4:13:17	165	4:40:01
VP13 - Revierförs	6.21	55:35	8:57	33	20:21	127	25:55	77.23	11:01:50	8:34	38	4:32:09	166	5:05:56
VP14 - Brauhaus	6.00	1:06:25	11:04	42	32:13	197	36:53	83.23	12:08:15	8:44	38	5:00:39	165	5:42:49
VP15 - Gedenkst.	6.90	1:11:25	10:21	36	35:17	159	36:42	90.13	13:19:40	8:52	38	5:26:04	162	6:19:31
VP16 - Königswe	6.87	1:14:40	10:52	40	29:51	167	40:56	97.00	14:34:20	9:00	38	5:52:27	164	7:00:27
VP17 - Sportplatz	6.20	1:36:52	15:37	41	1:02:16	193	1:05:15	103.20	16:11:12	9:24	38	6:52:12	165	8:05:42
VP18 - Osdorfer	6.49	1:08:47	10:35	31	25:31	141	34:50	109.69	17:19:59	9:28	38	7:17:43	160	8:40:32
VP19 - Lichtenra	5.71	1:06:18	11:36	38	31:15	172	36:59	115.40	18:26:17	9:35	38	7:44:41	160	9:17:31
VP20 - Kirchhain	4.35	1:06:15	15:13	43	36:35	188	41:57	119.75	19:32:32	9:47	38	8:21:16	160	9:59:28
VP21 - Buckow	6.15	1:17:12	12:33	38	38:50	164	42:12	125.90	20:49:44	9:55	39	8:56:42	163	10:41:40
VP22 - Rudow	4.97	1:02:32	12:34	35	32:13	156	41:09	130.87	21:52:16	10:01	38	9:17:29	157	11:15:33
VP23 - Johannistl	5.89	1:15:32	12:49	36	38:41	153	41:51	136.76	23:07:48	10:08	38	9:54:43	155	11:57:24
VP24 - Dammwe	5.64	1:08:03	12:03	32	36:22	137	36:22	142.40	24:15:51	10:13	37	10:31:05	154	12:33:25
VP25 - Eas Side	6.33	1:17:47	12:17	32	40:27	133	40:27	148.73	25:33:38	10:18	37	11:11:32	152	13:11:08
VP26 - Checkpoir	4.22	49:12	11:39	32	26:19	139	26:19	152.95	26:22:50	10:20	37	11:37:51	151	13:36:16
VP27 - Gedenkst.	4.12	57:16	13:53	35	32:33	150	32:33	157.07	27:20:06	10:26	38	12:10:24	159	14:07:08
Friedrich-Ludwig	4.78	1:02:55	13:09	41	38:32	172	38:32	161.85	28:23:01	10:31	39	12:48:56	161	14:42:50