



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Koenig, Jörg

☐☐: LT Harsefeld / 100 MC

☐☐: 276

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M65 (65-69 Jahre)

☐☐☐: 28:39:08

☐☐: 5.62 km/h

☐☐☐☐: 10:37 min/km

☐☐☐☐☐/☐☐☐☐: 191 (of 296)

☐☐☐☐☐/☐: 163 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 5(of 8)

☐☐☐☐☐☐☐: 23:15:12

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	54:36	7:52	7	14:04	234	22:20	6.93	54:36	7:52	7	14:04	234	22:20
VP2 - Laufftreff Li	5.70	46:55	8:13	7	12:07	236	20:59	12.63	1:41:31	8:02	7	26:11	236	43:19
VP3 - Oranienbur	5.47	45:18	8:16	7	12:06	232	21:32	18.10	2:26:49	8:06	7	38:17	235	1:04:50
VP4 - Naturschut	4.97	43:59	8:50	6	10:26	217	20:50	23.07	3:10:48	8:16	7	48:43	234	1:25:40
VP5 - Frohnau	6.80	59:52	8:48	6	17:16	230	29:34	29.87	4:10:40	8:23	7	1:02:10	235	1:55:08
VP6 - Ruderclub	4.06	37:30	9:14	5	8:39	184	19:01	33.93	4:48:10	8:29	7	1:04:34	231	2:14:09
VP7 - Grenzturm	4.75	41:42	8:46	5	6:47	205	20:54	38.68	5:29:52	8:31	6	1:09:21	226	2:35:03
VP8 - Schönwald	7.53	1:10:40	9:23	7	13:51	208	35:04	46.21	6:40:32	8:40	7	1:20:06	228	3:10:07
VP9 - Falkenseer	5.69	58:04	10:12	6	15:01	209	30:56	51.90	7:38:36	8:50	6	1:30:37	221	3:41:03
VP10 - Karolinenl	6.60	1:06:35	10:05	6	11:39	193	36:26	58.50	8:45:11	8:58	6	1:42:16	218	4:17:29
VP11 - Pagel & Fi	4.90	54:20	11:05	6	7:43	195	31:35	63.40	9:39:31	9:08	6	1:49:15	214	4:49:04
VP12 - Schloss S	7.62	1:29:47	11:46	5	12:45	191	54:00	71.02	11:09:18	9:25	6	1:53:10	212	5:43:04
VP13 - Revierförs	6.21	1:07:27	10:51	6	15:16	207	37:47	77.23	12:16:45	9:32	6	2:08:26	213	6:20:51
VP14 - Brauhaus	6.00	1:05:53	10:58	5	18:05	195	36:21	83.23	13:22:38	9:38	6	2:26:31	211	6:57:12
VP15 - Gedenkst.	6.90	1:08:22	9:54	3	11:23	152	33:39	90.13	14:31:00	9:39	6	2:37:54	206	7:30:51
VP16 - Königswe	6.87	1:15:34	10:59	5	18:21	172	41:50	97.00	15:46:34	9:45	6	2:54:06	196	8:12:41
VP17 - Sportplatz	6.20	1:22:41	13:20	5	8:55	156	51:04	103.20	17:09:15	9:58	6	3:00:15	199	9:03:45
VP18 - Osdorfer	6.49	1:07:10	10:20	4	12:02	133	33:13	109.69	18:16:25	9:59	6	3:12:17	186	9:36:58
VP19 - Lichtenra	5.71	1:04:00	11:12	5	15:56	157	34:41	115.40	19:20:25	10:03	5	3:28:13	181	10:11:39
VP20 - Kirchhain	4.35	57:37	13:14	6	12:31	166	33:19	119.75	20:18:02	10:10	5	3:37:59	178	10:44:58
VP21 - Buckow	6.15	1:15:38	12:17	4	17:51	158	40:38	125.90	21:33:40	10:16	5	3:55:50	178	11:25:36
VP22 - Rudow	4.97	1:01:20	12:20	4	12:26	148	39:57	130.87	22:35:00	10:21	5	4:08:16	171	11:58:17
VP23 - Johannistl	5.89	1:14:43	12:41	4	22:20	152	41:02	136.76	23:49:43	10:27	5	4:26:12	171	12:39:19
VP24 - Dammwe	5.64	1:03:37	11:16	3	9:50	112	31:56	142.40	24:53:20	10:29	5	4:36:02	167	13:10:54
VP25 - Eas Side	6.33	1:13:11	11:33	5	13:09	110	35:51	148.73	26:06:31	10:31	5	4:49:11	163	13:44:01
VP26 - Checkpoir	4.22	45:47	10:50	6	9:51	117	22:54	152.95	26:52:18	10:32	5	4:59:02	162	14:05:44
VP27 - Gedenkst.	4.12	52:08	12:39	6	8:11	134	27:25	157.07	27:44:26	10:35	5	5:07:13	164	14:31:28
Friedrich-Ludwig	4.78	54:42	11:26	6	16:43	146	30:19	161.85	28:39:08	10:37	5	5:23:56	163	14:58:57