



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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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

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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     | 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 |