



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Stojek, Thomas

☐☐☐: 28:39:09

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☐☐: 5.62 km/h

☐☐: 115

☐☐☐☐: 10:37 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 192 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 164 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 16(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	44:56	6:29	16	9:43	125	12:40	6.93	44:56	6:29	16	9:43	125	12:40
VP2 - Lauftreff Li	5.70	37:18	6:32	14	7:07	124	11:22	12.63	1:22:14	6:30	15	16:50	122	24:02
VP3 - Oranienbur	5.47	36:36	6:41	15	7:55	142	12:50	18.10	1:58:50	6:33	15	24:45	129	36:51
VP4 - Naturschut	4.97	41:42	8:23	23	13:18	194	18:33	23.07	2:40:32	6:57	16	38:03	161	55:24
VP5 - Frohnau	6.80	52:43	7:45	22	16:16	202	22:25	29.87	3:33:15	7:08	17	54:19	168	1:17:43
VP6 - Ruderclub	4.06	43:21	10:40	25	19:59	216	24:52	33.93	4:16:36	7:33	19	1:14:18	182	1:42:35
VP7 - Grenzturm	4.75	42:46	9:00	24	16:17	213	21:58	38.68	4:59:22	7:44	20	1:30:35	189	2:04:33
VP8 - Schönwald	7.53	1:14:48	9:56	25	32:06	221	39:12	46.21	6:14:10	8:05	22	2:02:41	200	2:43:45
VP9 - Falkenseer	5.69	58:34	10:17	26	24:50	213	31:26	51.90	7:12:44	8:20	22	2:27:31	202	3:15:11
VP10 - Karolinenl	6.60	1:06:41	10:06	19	28:27	194	36:32	58.50	8:19:25	8:32	21	2:55:58	197	3:51:43
VP11 - Pagel & Fi	4.90	1:01:05	12:27	26	28:39	218	38:20	63.40	9:20:30	8:50	22	3:24:19	200	4:30:03
VP12 - Schloss S	7.62	1:32:28	12:08	22	46:43	199	56:41	71.02	10:52:58	9:11	21	4:11:02	196	5:26:44
VP13 - Revierförs	6.21	1:05:10	10:29	22	23:40	196	35:30	77.23	11:58:08	9:17	21	4:34:42	199	6:02:14
VP14 - Brauhaus	6.00	1:10:55	11:49	26	31:43	208	41:23	83.23	13:09:03	9:28	23	5:06:25	206	6:43:37
VP15 - Gedenkst.	6.90	1:20:12	11:37	24	37:02	198	45:29	90.13	14:29:15	9:38	22	5:43:18	201	7:29:06
VP16 - Königswe	6.87	1:14:27	10:50	19	29:30	165	40:43	97.00	15:43:42	9:43	22	6:08:35	194	8:09:49
VP17 - Sportplatz	6.20	1:23:31	13:28	18	40:38	161	51:54	103.20	17:07:13	9:57	22	6:47:26	197	9:01:43
VP18 - Osdorfer	6.49	1:15:02	11:33	18	35:03	168	41:05	109.69	18:22:15	10:02	20	7:22:29	187	9:42:48
VP19 - Lichtenrav	5.71	1:04:51	11:21	20	28:12	163	35:32	115.40	19:27:06	10:06	20	7:50:41	183	10:18:20
VP20 - Kirchhain	4.35	56:02	12:52	18	27:54	159	31:44	119.75	20:23:08	10:12	19	8:18:35	179	10:50:04
VP21 - Buckow	6.15	1:15:47	12:19	20	34:48	159	40:47	125.90	21:38:55	10:19	18	8:53:23	179	11:30:51
VP22 - Rudow	4.97	1:00:55	12:15	16	28:28	144	39:32	130.87	22:39:50	10:23	17	9:21:51	172	12:03:07
VP23 - Johannistl	5.89	1:13:38	12:30	16	35:48	146	39:57	136.76	23:53:28	10:28	17	9:57:39	172	12:43:04
VP24 - Dammwe	5.64	57:33	10:12	7	21:32	80	25:52	142.40	24:51:01	10:28	16	10:19:11	166	13:08:35
VP25 - Eas Side	6.33	1:15:31	11:55	13	29:55	121	38:11	148.73	26:06:32	10:31	16	10:48:44	164	13:44:02
VP26 - Checkpoir	4.22	45:48	10:51	12	18:29	118	22:55	152.95	26:52:20	10:32	16	10:54:00	163	14:05:46
VP27 - Gedenkst.	4.12	51:21	12:27	15	19:26	126	26:38	157.07	27:43:41	10:35	16	11:13:26	163	14:30:43
Friedrich-Ludwig	4.78	55:28	11:36	16	27:55	152	31:05	161.85	28:39:09	10:37	16	11:39:38	164	14:58:58