



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Schramm, Kati

☐☐☐: 28:45:07

☐☐: KATIS PACE TEAM

☐☐: 5.60 km/h

☐☐: 117

☐☐☐☐: 10:40 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 193 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 29 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 8(of 12)

Seniorinnen W45 (45-49 Jahre)

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