



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Heurich, Lars

☐☐: SG Nied

☐☐: 176

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M35 (35-39 Jahre)

☐☐☐: 29:03:49

☐☐: 5.54 km/h

☐☐☐☐: 10:46 min/km

☐☐☐☐☐/☐☐☐☐: 194 (of 296)

☐☐☐☐☐/☐☐: 165 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 17(of 22)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	44:36	6:26	14	12:20	118	12:20	6.93	44:36	6:26	14	12:20	118	12:20
VP2 - Laufftreff Li	5.70	39:18	6:53	19	13:22	162	13:22	12.63	1:23:54	6:38	15	25:42	141	25:42
VP3 - Oranienbur	5.47	38:20	7:00	19	14:30	166	14:34	18.10	2:02:14	6:45	17	40:12	153	40:15
VP4 - Naturschut	4.97	34:27	6:55	10	11:15	88	11:18	23.07	2:36:41	6:47	16	51:27	135	51:33
VP5 - Frohnau	6.80	51:30	7:34	20	21:12	187	21:12	29.87	3:28:11	6:58	19	1:12:39	156	1:12:39
VP6 - Ruderclub	4.06	34:06	8:23	15	15:37	139	15:37	33.93	4:02:17	7:08	19	1:28:16	148	1:28:16
VP7 - Grenzturm	4.75	44:09	9:17	20	23:21	218	23:21	38.68	4:46:26	7:24	19	1:51:37	160	1:51:37
VP8 - Schönwald	7.53	1:06:43	8:51	19	31:07	193	31:07	46.21	5:53:09	7:38	19	2:22:44	170	2:22:44
VP9 - Falkenseer	5.69	56:58	10:00	19	29:50	203	29:50	51.90	6:50:07	7:54	20	2:52:34	178	2:52:34
VP10 - Karolinenl	6.60	1:08:51	10:25	20	38:42	206	38:42	58.50	7:58:58	8:11	20	3:31:16	182	3:31:16
VP11 - Pagel & Fi	4.90	56:03	11:26	20	33:18	202	33:18	63.40	8:55:01	8:26	20	4:04:34	177	4:04:34
VP12 - Schloss S	7.62	1:17:02	10:06	15	41:15	135	41:15	71.02	10:12:03	8:37	18	4:45:49	167	4:45:49
VP13 - Revierförs	6.21	1:06:24	10:41	20	36:44	201	36:44	77.23	11:18:27	8:47	19	5:22:33	174	5:22:33
VP14 - Brauhaus	6.00	1:30:12	15:01	21	1:00:40	221	1:00:40	83.23	12:48:39	9:14	20	6:23:13	188	6:23:13
VP15 - Gedenkst.	6.90	1:17:19	11:12	17	42:36	189	42:36	90.13	14:05:58	9:23	21	7:05:49	192	7:05:49
VP16 - Königswe	6.87	1:14:19	10:49	17	40:35	164	40:35	97.00	15:20:17	9:29	18	7:46:24	186	7:46:24
VP17 - Sportplatz	6.20	1:27:32	14:07	17	55:55	172	55:55	103.20	16:47:49	9:45	17	8:42:19	182	8:42:19
VP18 - Osdorfer	6.49	1:14:34	11:29	14	40:37	166	40:37	109.69	18:02:23	9:52	17	9:22:56	174	9:22:56
VP19 - Lichtenra	5.71	1:03:07	11:03	16	33:48	150	33:48	115.40	19:05:30	9:55	17	9:56:44	171	9:56:44
VP20 - Kirchhain	4.35	1:03:38	14:37	17	39:20	182	39:20	119.75	20:09:08	10:05	17	10:36:04	174	10:36:04
VP21 - Buckow	6.15	1:23:33	13:35	17	48:33	178	48:33	125.90	21:32:41	10:16	17	11:24:37	177	11:24:37
VP22 - Rudow	4.97	56:02	11:16	14	27:23	118	34:39	130.87	22:28:43	10:18	17	11:52:00	169	11:52:00
VP23 - Johannistl	5.89	1:12:41	12:20	16	39:00	141	39:00	136.76	23:41:24	10:23	17	12:31:00	169	12:31:00
VP24 - Dammwe	5.64	1:09:26	12:18	14	37:24	143	37:45	142.40	24:50:50	10:28	17	13:08:24	165	13:08:24
VP25 - Eas Side	6.33	1:19:00	12:28	15	38:56	141	41:40	148.73	26:09:50	10:33	17	13:47:20	166	13:47:20
VP26 - Checkpoir	4.22	54:06	12:49	16	30:02	164	31:13	152.95	27:03:56	10:37	17	14:17:22	166	14:17:22
VP27 - Gedenkst.	4.12	1:08:06	16:31	17	41:42	175	43:23	157.07	28:12:02	10:46	17	14:59:04	166	14:59:04
Friedrich-Ludwig	4.78	51:47	10:49	12	24:34	124	27:24	161.85	29:03:49	10:46	17	15:23:38	165	15:23:38