



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

KRAUS, Wolfgang

☐☐: KSV - Flughafen Wien

☐☐: 91

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 29:05:40

☐☐: 5.53 km/h

☐☐☐☐: 10:47 min/km

☐☐☐☐☐/☐☐☐☐: 195 (of 296)

☐☐☐☐☐/☐: 166 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 40(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	49:21	7:07	42	17:05	202	17:05	6.93	49:21	7:07	42	17:05	202	17:05
VP2 - Laufftreff Li	5.70	40:01	7:01	41	14:05	181	14:05	12.63	1:29:22	7:04	43	31:09	195	31:10
VP3 - Oranienbur	5.47	38:43	7:04	41	14:57	171	14:57	18.10	2:08:05	7:04	43	46:06	187	46:06
VP4 - Naturschut	4.97	38:07	7:40	35	14:58	157	14:58	23.07	2:46:12	7:12	41	1:01:04	178	1:01:04
VP5 - Frohnau	6.80	44:26	6:32	22	14:00	99	14:08	29.87	3:30:38	7:03	37	1:15:04	159	1:15:06
VP6 - Ruderclub	4.06	28:24	6:59	17	9:54	67	9:55	33.93	3:59:02	7:02	33	1:24:58	141	1:25:01
VP7 - Grenzturm	4.75	34:06	7:10	30	11:48	116	13:18	38.68	4:33:08	7:03	32	1:36:46	139	1:38:19
VP8 - Schönwald	7.53	57:35	7:38	32	19:50	120	21:59	46.21	5:30:43	7:09	32	1:56:36	135	2:00:18
VP9 - Falkenseer	5.69	50:50	8:56	38	20:18	168	23:42	51.90	6:21:33	7:21	33	2:16:54	138	2:24:00
VP10 - Karolinenl	6.60	1:10:06	10:37	43	35:04	208	39:57	58.50	7:31:39	7:43	35	2:49:07	149	3:03:57
VP11 - Pagel & Fi	4.90	1:30:53	18:32	49	1:04:11	226	1:08:08	63.40	9:02:32	8:33	41	3:53:09	183	4:12:05
VP12 - Schloss S	7.62	1:11:17	9:21	26	27:51	107	35:30	71.02	10:13:49	8:38	39	4:20:51	169	4:47:35
VP13 - Revierförs	6.21	53:36	8:37	29	18:22	107	23:56	77.23	11:07:25	8:38	39	4:37:44	167	5:11:31
VP14 - Brauhaus	6.00	1:06:32	11:05	43	32:20	198	37:00	83.23	12:13:57	8:49	39	5:06:21	170	5:48:31
VP15 - Gedenkst.	6.90	1:39:38	14:26	47	1:03:30	216	1:04:55	90.13	13:53:35	9:14	40	5:59:59	182	6:53:26
VP16 - Königswe	6.87	1:04:58	9:27	29	20:09	115	31:14	97.00	14:58:33	9:15	39	6:16:40	171	7:24:40
VP17 - Sportplatz	6.20	1:46:12	17:07	44	1:11:36	202	1:14:35	103.20	16:44:45	9:44	39	7:25:45	178	8:39:15
VP18 - Osdorfer	6.49	1:10:14	10:49	35	26:58	151	36:17	109.69	17:54:59	9:48	39	7:52:43	169	9:15:32
VP19 - Lichtenrav	5.71	1:07:53	11:53	40	32:50	178	38:34	115.40	19:02:52	9:54	39	8:21:16	170	9:54:06
VP20 - Kirchhain	4.35	57:58	13:19	39	28:18	167	33:40	119.75	20:00:50	10:01	39	8:49:34	167	10:27:46
VP21 - Buckow	6.15	1:23:47	13:37	41	45:25	179	48:47	125.90	21:24:37	10:12	42	9:31:35	175	11:16:33
VP22 - Rudow	4.97	1:05:06	13:05	37	34:47	163	43:43	130.87	22:29:43	10:18	41	9:54:56	170	11:53:00
VP23 - Johannistl	5.89	1:19:01	13:24	37	42:10	163	45:20	136.76	23:48:44	10:26	41	10:35:39	170	12:38:20
VP24 - Dammwe	5.64	1:13:18	12:59	38	41:37	157	41:37	142.40	25:02:02	10:32	40	11:17:16	169	13:19:36
VP25 - Eas Side	6.33	1:18:58	12:28	33	41:38	140	41:38	148.73	26:21:00	10:37	40	11:58:54	167	13:58:30
VP26 - Checkpoir	4.22	52:40	12:28	36	29:47	157	29:47	152.95	27:13:40	10:40	40	12:28:41	167	14:27:06
VP27 - Gedenkst.	4.12	57:51	14:02	37	33:08	154	33:08	157.07	28:11:31	10:46	40	13:01:49	165	14:58:33
Friedrich-Ludwig	4.78	54:09	11:19	35	29:46	141	29:46	161.85	29:05:40	10:47	40	13:31:35	166	15:25:29