



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Kelbel, Joe

☐☐: marathon4you.de

☐☐: 70

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 29:10:15

☐☐: 5.52 km/h

☐☐☐☐: 10:49 min/km

☐☐☐☐☐/☐☐☐☐: 196 (of 296)

☐☐☐☐☐/☐☐: 167 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 34(of 51)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	48:44	7:01	42	15:26	193	6.93	48:44	7:01	42	15:26	193	16:28
VP2 - Laufftreff Li	5.70	43:13	7:34	48	15:34	224	12.63	1:31:57	7:16	45	31:00	209	33:45
VP3 - Oranienbur	5.47	43:06	7:52	48	16:54	222	18.10	2:15:03	7:27	49	47:47	221	53:04
VP4 - Naturschut	4.97	48:10	9:41	50	23:19	235	23.07	3:03:13	7:56	49	1:11:06	227	1:18:05
VP5 - Frohnau	6.80	1:00:58	8:57	50	28:14	234	29.87	4:04:11	8:10	50	1:39:20	230	1:48:39
VP6 - Ruderclub	4.06	39:23	9:42	41	17:54	197	33.93	4:43:34	8:21	50	1:57:14	224	2:09:33
VP7 - Grenzturm	4.75	40:50	8:35	45	15:27	202	38.68	5:24:24	8:23	49	2:12:41	221	2:29:35
VP8 - Schönwald	7.53	1:15:51	10:04	48	33:24	223	46.21	6:40:15	8:39	49	2:46:05	227	3:09:50
VP9 - Falkenseer	5.69	56:06	9:51	45	22:16	200	51.90	7:36:21	8:47	48	3:08:21	220	3:38:48
VP10 - Karolinenl	6.60	1:18:00	11:49	48	37:48	225	58.50	8:54:21	9:08	49	3:45:52	221	4:26:39
VP11 - Pagel & Fi	4.90	47:47	9:45	27	17:40	139	63.40	9:42:08	9:10	44	4:01:48	215	4:51:41
VP12 - Schloss S	7.62	1:24:28	11:05	34	36:15	167	71.02	11:06:36	9:23	43	4:38:03	207	5:40:22
VP13 - Revierförs	6.21	1:02:41	10:05	40	21:52	185	77.23	12:09:17	9:26	44	4:59:45	209	6:13:23
VP14 - Brauhaus	6.00	1:07:07	11:11	42	24:56	199	83.23	13:16:24	9:34	44	5:24:16	208	6:50:58
VP15 - Gedenkst.	6.90	1:13:27	10:38	38	28:19	172	90.13	14:29:51	9:39	44	5:47:56	203	7:29:42
VP16 - Königswe	6.87	1:19:39	11:35	38	30:57	187	97.00	15:49:30	9:47	41	6:18:53	197	8:15:37
VP17 - Sportplatz	6.20	1:04:36	10:25	17	19:47	79	103.20	16:54:06	9:49	39	6:37:55	189	8:48:36
VP18 - Osdorfer	6.49	1:38:18	15:08	41	51:57	196	109.69	18:32:24	10:08	41	7:27:51	188	9:52:57
VP19 - Lichtenrav	5.71	1:12:56	12:46	41	32:58	188	115.40	19:45:20	10:16	41	7:57:45	186	10:36:34
VP20 - Kirchhain	4.35	1:03:08	14:30	37	31:51	179	119.75	20:48:28	10:25	38	8:25:13	182	11:15:24
VP21 - Buckow	6.15	1:22:33	13:25	38	39:15	177	125.90	22:11:01	10:34	39	9:01:50	185	12:02:57
VP22 - Rudow	4.97	59:40	12:00	32	22:19	135	130.87	23:10:41	10:37	36	9:19:34	175	12:33:58
VP23 - Johannistl	5.89	1:12:34	12:19	33	26:52	140	136.76	24:23:15	10:41	36	9:44:42	175	13:12:51
VP24 - Dammwe	5.64	1:04:36	11:27	26	24:05	118	142.40	25:27:51	10:43	36	9:58:53	172	13:45:25
VP25 - Eas Side	6.33	1:15:03	11:51	26	27:07	119	148.73	26:42:54	10:46	35	10:20:08	172	14:20:24
VP26 - Checkpoir	4.22	44:13	10:28	23	14:33	101	152.95	27:27:07	10:46	35	10:32:20	171	14:40:33
VP27 - Gedenkst.	4.12	48:41	11:48	23	17:34	105	157.07	28:15:48	10:47	34	10:46:17	168	15:02:50
Friedrich-Ludwig	4.78	54:27	11:23	33	26:29	145	161.85	29:10:15	10:48	34	11:06:24	167	15:30:04