



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Erckner, Gisela

☐☐: Reutlingen

☐☐: 231

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W45 (45-49 Jahre)

☐☐☐: 29:10:15

☐☐: 5.52 km/h

☐☐☐☐: 10:49 min/km

☐☐☐☐☐/☐☐☐☐: 197 (of 296)

☐☐☐☐☐/☐: 30 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 9(of 12)

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