



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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**Buttendorf, Thomas**

☐☐: SV Rohrbach

☐☐: 234

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M60 (60-64 Jahre)

☐☐☐: 29:10:15

☐☐: 5.52 km/h

☐☐☐☐: 10:49 min/km

☐☐☐☐☐/☐☐☐☐: 198 (of 296)

☐☐☐☐☐/☐: 167 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 12(of 15)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	46:42	6:44	9	5:30	164	14:26	6.93	46:42	6:44	9	5:30	164	14:26
VP2 - Laufftreff Li	5.70	42:03	7:22	13	8:37	212	16:07	12.63	1:28:45	7:01	11	14:07	190	30:33
VP3 - Oranienbur	5.47	43:34	7:57	13	12:02	227	19:48	18.10	2:12:19	7:18	12	26:09	206	50:20
VP4 - Naturschut	4.97	51:42	10:24	15	18:48	239	28:33	23.07	3:04:01	7:58	13	44:57	229	1:18:53
VP5 - Frohnau	6.80	1:01:14	9:00	14	21:01	236	30:56	29.87	4:05:15	8:12	13	1:05:58	231	1:49:43
VP6 - Ruderclub	4.06	41:47	10:17	12	13:16	210	23:18	33.93	4:47:02	8:27	14	1:19:14	230	2:13:01
VP7 - Grenzturm	4.75	41:42	8:46	10	12:16	205	20:54	38.68	5:28:44	8:29	12	1:31:30	223	2:33:55
VP8 - Schönwald	7.53	1:10:07	9:18	12	19:43	206	34:31	46.21	6:38:51	8:37	13	1:51:13	222	3:08:26
VP9 - Falkenseer	5.69	1:04:42	11:22	15	25:21	227	37:34	51.90	7:43:33	8:55	14	2:16:34	226	3:46:00
VP10 - Karolinenl	6.60	1:12:01	10:54	14	20:28	213	41:52	58.50	8:55:34	9:09	14	2:37:02	223	4:27:52
VP11 - Pagel & Fi	4.90	49:00	10:00	12	12:02	152	26:15	63.40	9:44:34	9:13	14	2:46:56	217	4:54:07
VP12 - Schloss S	7.62	1:22:08	10:46	10	20:33	157	46:21	71.02	11:06:42	9:23	13	2:38:15	208	5:40:28
VP13 - Revierförs	6.21	1:05:10	10:29	12	13:59	196	35:30	77.23	12:11:52	9:28	13	2:44:31	211	6:15:58
VP14 - Brauhaus	6.00	1:14:28	12:24	15	29:10	213	44:56	83.23	13:26:20	9:41	13	2:54:03	212	7:00:54
VP15 - Gedenkst.	6.90	1:08:39	9:56	11	16:24	153	33:56	90.13	14:34:59	9:42	12	3:05:59	207	7:34:50
VP16 - Königswe	6.87	1:22:21	11:59	13	28:42	196	48:37	97.00	15:57:20	9:52	13	3:21:01	203	8:23:27
VP17 - Sportplatz	6.20	1:26:57	14:01	14	22:56	170	55:20	103.20	17:24:17	10:07	13	3:36:56	200	9:18:47
VP18 - Osdorfer	6.49	1:13:56	11:23	11	25:38	162	39:59	109.69	18:38:13	10:11	13	3:58:56	190	9:58:46
VP19 - Lichtenra	5.71	1:08:16	11:57	13	29:02	180	38:57	115.40	19:46:29	10:16	12	4:21:45	187	10:37:43
VP20 - Kirchhain	4.35	1:07:29	15:30	13	34:07	189	43:11	119.75	20:53:58	10:28	12	4:55:52	184	11:20:54
VP21 - Buckow	6.15	1:23:52	13:38	12	28:48	180	48:52	125.90	22:17:50	10:37	12	5:08:27	186	12:09:46
VP22 - Rudow	4.97	54:29	10:57	7	33:06	104	33:06	130.87	23:12:19	10:38	12	5:34:10	176	12:35:36
VP23 - Johannistl	5.89	1:11:24	12:07	10	18:38	133	37:43	136.76	24:23:43	10:42	12	5:41:08	176	13:13:19
VP24 - Dammwe	5.64	1:04:33	11:26	8	15:37	117	32:52	142.40	25:28:16	10:43	12	5:38:11	173	13:45:50
VP25 - Eas Side	6.33	1:16:30	12:05	10	18:27	129	39:10	148.73	26:44:46	10:47	12	5:54:50	173	14:22:16
VP26 - Checkpoir	4.22	42:52	10:09	6	6:25	88	19:59	152.95	27:27:38	10:46	12	6:01:15	172	14:41:04
VP27 - Gedenkst.	4.12	48:15	11:42	8	14:14	102	23:32	157.07	28:15:53	10:47	12	6:00:37	169	15:02:55
Friedrich-Ludwig	4.78	54:22	11:22	9	25:42	142	29:59	161.85	29:10:15	10:48	12	6:17:29	167	15:30:04