



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Coper, Sven

☐☐☐: 29:10:16

☐☐: Berlin

☐☐: 5.52 km/h

☐☐: 291

☐☐☐☐: 10:49 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 199 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 169 (of 247)

☐☐☐☐:

☐☐☐☐☐: 17(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	47:09	6:48	18	11:56	173	14:53	6.93	47:09	6:48	18	11:56	173	14:53
VP2 - Laufftreff Li	5.70	40:14	7:03	23	10:03	184	14:18	12.63	1:27:23	6:55	21	21:59	175	29:11
VP3 - Oranienbur	5.47	45:00	8:13	30	16:19	231	21:14	18.10	2:12:23	7:18	26	38:18	208	50:24
VP4 - Naturschut	4.97	45:26	9:08	31	17:02	227	22:17	23.07	2:57:49	7:42	28	55:20	211	1:12:41
VP5 - Frohnau	6.80	59:41	8:46	30	23:14	229	29:23	29.87	3:57:30	7:57	29	1:18:34	223	1:41:58
VP6 - Ruderclub	4.06	52:05	12:49	28	28:43	229	33:36	33.93	4:49:35	8:32	29	1:47:17	232	2:15:34
VP7 - Grenzturm	4.75	46:59	9:53	30	20:30	229	26:11	38.68	5:36:34	8:42	29	2:07:47	232	2:41:45
VP8 - Schönwald	7.53	1:32:19	12:15	30	49:37	236	56:43	46.21	7:08:53	9:16	29	2:57:24	234	3:38:28
VP9 - Falkenseer	5.69	1:12:31	12:44	29	38:47	232	45:23	51.90	8:21:24	9:39	29	3:36:11	234	4:23:51
VP10 - Karolinenl	6.60	1:13:04	11:04	25	34:50	217	42:55	58.50	9:34:28	9:49	27	4:11:01	232	5:06:46
VP11 - Pagel & Fi	4.90	1:12:20	14:45	27	39:54	221	49:35	63.40	10:46:48	10:12	27	4:50:37	226	5:56:21
VP12 - Schloss S	7.62	1:34:57	12:27	24	49:12	203	59:10	71.02	12:21:45	10:26	26	5:39:49	223	6:55:31
VP13 - Revierförs	6.21	1:01:34	9:54	19	20:04	177	31:54	77.23	13:23:19	10:24	26	5:59:53	223	7:27:25
VP14 - Brauhaus	6.00	1:05:25	10:54	24	26:13	191	35:53	83.23	14:28:44	10:26	26	6:26:06	221	8:03:18
VP15 - Gedenkst.	6.90	1:18:46	11:24	23	35:36	195	44:03	90.13	15:47:30	10:30	26	7:01:33	217	8:47:21
VP16 - Königswe	6.87	1:19:43	11:36	22	34:46	189	45:59	97.00	17:07:13	10:35	26	7:32:06	212	9:33:20
VP17 - Sportplatz	6.20	1:02:22	10:03	9	19:29	70	30:45	103.20	18:09:35	10:33	24	7:49:48	207	10:04:05
VP18 - Osdorfer	6.49	1:25:34	13:11	22	45:35	187	51:37	109.69	19:35:09	10:42	21	8:35:23	198	10:55:42
VP19 - Lichtenra	5.71	1:01:20	10:44	15	24:41	137	32:01	115.40	20:36:29	10:42	21	9:00:04	195	11:27:43
VP20 - Kirchhain	4.35	51:41	11:52	12	23:33	128	27:23	119.75	21:28:10	10:45	20	9:23:37	191	11:55:06
VP21 - Buckow	6.15	1:07:28	10:58	13	26:29	119	32:28	125.90	22:35:38	10:46	20	9:50:06	188	12:27:34
VP22 - Rudow	4.97	54:08	10:53	10	21:41	101	32:45	130.87	23:29:46	10:46	19	10:11:47	180	12:53:03
VP23 - Johannistl	5.89	1:03:16	10:44	11	25:26	104	29:35	136.76	24:33:02	10:46	18	10:37:13	178	13:22:38
VP24 - Dammwe	5.64	58:12	10:19	9	22:11	88	26:31	142.40	25:31:14	10:45	17	10:59:24	175	13:48:48
VP25 - Eas Side	6.33	1:10:20	11:06	9	24:44	93	33:00	148.73	26:41:34	10:46	17	11:23:46	171	14:19:04
VP26 - Checkpoir	4.22	46:14	10:57	13	18:55	123	23:21	152.95	27:27:48	10:46	17	11:29:28	173	14:41:14
VP27 - Gedenkst.	4.12	48:52	11:51	12	16:57	108	24:09	157.07	28:16:40	10:48	17	11:46:25	170	15:03:42
Friedrich-Ludwig	4.78	53:36	11:12	12	26:03	138	29:13	161.85	29:10:16	10:48	17	12:10:45	169	15:30:05