



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Frey, Jürgen

☐☐: Ultrafriesen/ TEA

☐☐: 175

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M40 (40-44 Jahre)

☐☐☐: 29:14:46

☐☐: 5.51 km/h

☐☐☐☐: 10:50 min/km

☐☐☐☐☐/☐☐☐☐: 200 (of 296)

☐☐☐☐☐/☐☐: 170 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 27(of 38)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	49:21	7:07	34	16:42	202	17:05	6.93	49:21	7:07	34	16:42	202	17:05
VP2 - Laufftreff Li	5.70	39:47	6:58	32	12:16	177	13:51	12.63	1:29:08	7:03	34	28:58	193	30:56
VP3 - Oranienbur	5.47	36:52	6:44	26	11:54	148	13:06	18.10	2:06:00	6:57	31	40:52	174	44:01
VP4 - Naturschut	4.97	40:26	8:08	32	14:48	186	17:17	23.07	2:46:26	7:12	32	55:40	179	1:01:18
VP5 - Frohnau	6.80	48:31	7:08	30	16:33	156	18:13	29.87	3:34:57	7:11	31	1:12:13	170	1:19:25
VP6 - Ruderclub	4.06	36:12	8:54	29	16:33	166	17:43	33.93	4:11:09	7:24	31	1:28:46	165	1:37:08
VP7 - Grenzturm	4.75	35:21	7:26	25	12:43	142	14:33	38.68	4:46:30	7:24	31	1:41:29	161	1:51:41
VP8 - Schönwald	7.53	1:04:10	8:31	28	26:25	171	28:34	46.21	5:50:40	7:35	31	2:07:54	166	2:20:15
VP9 - Falkenseer	5.69	1:18:04	13:43	36	47:55	234	50:56	51.90	7:08:44	8:15	33	2:55:49	201	3:11:11
VP10 - Karolinenl	6.60	1:13:22	11:06	35	38:50	219	43:13	58.50	8:22:06	8:34	33	3:34:39	198	3:54:24
VP11 - Pagel & Fi	4.90	47:03	9:36	22	19:50	129	24:18	63.40	9:09:09	8:39	32	3:54:29	191	4:18:42
VP12 - Schloss S	7.62	1:43:57	13:38	35	1:00:10	217	1:08:10	71.02	10:53:06	9:11	33	4:54:39	197	5:26:52
VP13 - Revierförs	6.21	59:38	9:36	26	22:20	169	29:58	77.23	11:52:44	9:13	32	5:16:59	191	5:56:50
VP14 - Brauhaus	6.00	58:02	9:40	26	20:40	153	28:30	83.23	12:50:46	9:15	32	5:37:39	192	6:25:20
VP15 - Gedenkst.	6.90	1:09:23	10:03	28	29:29	154	34:40	90.13	14:00:09	9:19	32	6:07:08	185	7:00:00
VP16 - Königswe	6.87	1:17:25	11:16	29	36:36	178	43:41	97.00	15:17:34	9:27	33	6:43:44	181	7:43:41
VP17 - Sportplatz	6.20	1:36:03	15:29	29	56:51	192	1:04:26	103.20	16:53:37	9:49	33	7:40:35	186	8:48:07
VP18 - Osdorfer	6.49	1:10:37	10:52	26	29:35	152	36:40	109.69	18:04:14	9:53	31	8:10:10	175	9:24:47
VP19 - Lichtenra	5.71	1:02:48	10:59	23	27:42	147	33:29	115.40	19:07:02	9:56	31	8:36:59	172	9:58:16
VP20 - Kirchhain	4.35	56:50	13:03	25	29:10	162	32:32	119.75	20:03:52	10:03	31	9:03:21	171	10:30:48
VP21 - Buckow	6.15	1:12:21	11:45	24	34:02	147	37:21	125.90	21:16:13	10:08	31	9:35:25	171	11:08:09
VP22 - Rudow	4.97	1:02:21	12:32	21	31:52	153	40:58	130.87	22:18:34	10:13	29	10:05:14	163	11:41:51
VP23 - Johannistl	5.89	1:15:32	12:49	22	38:13	153	41:51	136.76	23:34:06	10:20	28	10:42:18	167	12:23:42
VP24 - Dammwe	5.64	1:09:44	12:21	24	33:48	145	38:03	142.40	24:43:50	10:25	27	11:14:13	164	13:01:24
VP25 - Eas Side	6.33	1:16:07	12:01	20	33:43	126	38:47	148.73	25:59:57	10:29	27	11:47:10	162	13:37:27
VP26 - Checkpoir	4.22	1:00:35	14:21	27	35:33	176	37:42	152.95	27:00:32	10:35	27	12:19:33	165	14:13:58
VP27 - Gedenkst.	4.12	1:12:16	17:32	28	46:24	178	47:33	157.07	28:12:48	10:46	27	13:05:57	167	14:59:50
Friedrich-Ludwig	4.78	1:01:58	12:57	23	33:46	169	37:35	161.85	29:14:46	10:50	27	13:39:43	170	15:34:35