



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Horak, Norbert

☐☐☐: 29:19:00

☐☐: LC Sierndorf

☐☐: 5.49 km/h

☐☐: 185

☐☐☐☐: 10:52 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 202 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 171 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 41(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	50:08	7:14	47	17:52	215	17:52	6.93	50:08	7:14	47	17:52	215	17:52
VP2 - Laufftreff Li	5.70	43:58	7:42	48	18:02	227	18:02	12.63	1:34:06	7:27	49	35:53	225	35:54
VP3 - Oranienbur	5.47	40:53	7:28	46	17:07	206	17:07	18.10	2:14:59	7:27	48	53:00	220	53:00
VP4 - Naturschut	4.97	43:25	8:44	45	20:16	209	20:16	23.07	2:58:24	7:43	46	1:13:16	215	1:13:16
VP5 - Frohnau	6.80	48:29	7:07	37	18:03	155	18:11	29.87	3:46:53	7:35	45	1:31:19	206	1:31:21
VP6 - Ruderclub	4.06	34:14	8:25	32	15:44	143	15:45	33.93	4:21:07	7:41	45	1:47:03	198	1:47:06
VP7 - Grenzturm	4.75	38:44	8:09	43	16:26	188	17:56	38.68	4:59:51	7:45	44	2:03:29	191	2:05:02
VP8 - Schönwald	7.53	1:02:28	8:17	36	24:43	158	26:52	46.21	6:02:19	7:50	43	2:28:12	187	2:31:54
VP9 - Falkenseer	5.69	55:24	9:44	43	24:52	191	28:16	51.90	6:57:43	8:02	42	2:53:04	186	3:00:10
VP10 - Karolinenl	6.60	1:07:13	10:11	42	32:11	199	37:04	58.50	8:04:56	8:17	42	3:22:24	185	3:37:14
VP11 - Pagel & Fi	4.90	1:03:38	12:59	46	36:56	219	40:53	63.40	9:08:34	8:39	42	3:59:11	189	4:18:07
VP12 - Schloss Si	7.62	2:00:29	15:48	47	1:17:03	225	1:24:42	71.02	11:09:03	9:25	45	5:16:05	210	5:42:49
VP13 - Revierförs	6.21	56:53	9:09	35	21:39	142	27:13	77.23	12:05:56	9:23	44	5:36:15	206	6:10:02
VP14 - Brauhaus	6.00	1:01:52	10:18	38	27:40	173	32:20	83.23	13:07:48	9:27	43	6:00:12	202	6:42:22
VP15 - Gedenkst.	6.90	1:23:11	12:03	44	47:03	211	48:28	90.13	14:30:59	9:39	44	6:37:23	205	7:30:50
VP16 - Königswe	6.87	1:22:52	12:03	44	38:03	198	49:08	97.00	15:53:51	9:50	43	7:11:58	200	8:19:58
VP17 - Sportplatz	6.20	1:07:19	10:51	24	32:43	88	35:42	103.20	17:01:10	9:53	41	7:42:10	191	8:55:40
VP18 - Osdorfer	6.49	2:00:50	18:37	44	1:17:34	201	1:26:53	109.69	19:02:00	10:24	43	8:59:44	195	10:22:33
VP19 - Lichtenra	5.71	1:08:31	11:59	41	33:28	182	39:12	115.40	20:10:31	10:29	42	9:28:55	190	11:01:45
VP20 - Kirchhain	4.35	54:54	12:37	38	25:14	148	30:36	119.75	21:05:25	10:34	42	9:54:09	186	11:32:21
VP21 - Buckow	6.15	1:01:45	10:02	22	23:23	87	26:45	125.90	22:07:10	10:32	43	10:14:08	184	11:59:06
VP22 - Rudow	4.97	55:35	11:11	24	25:16	114	34:12	130.87	23:02:45	10:33	42	10:27:58	173	12:26:02
VP23 - Johannistl	5.89	1:07:25	11:26	28	30:34	118	33:44	136.76	24:10:10	10:36	42	10:57:05	174	12:59:46
VP24 - Dammwe	5.64	1:06:24	11:46	29	34:43	130	34:43	142.40	25:16:34	10:39	41	11:31:48	170	13:34:08
VP25 - Eas Side	6.33	1:16:02	12:00	29	38:42	124	38:42	148.73	26:32:36	10:42	41	12:10:30	169	14:10:06
VP26 - Checkpoir	4.22	44:41	10:35	27	21:48	107	21:48	152.95	27:17:17	10:42	41	12:32:18	168	14:30:43
VP27 - Gedenkst.	4.12	1:05:03	15:47	41	40:20	173	40:20	157.07	28:22:20	10:50	41	13:12:38	173	15:09:22
Friedrich-Ludwig	4.78	56:40	11:51	36	32:17	157	32:17	161.85	29:19:00	10:52	41	13:44:55	171	15:38:49