



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Niedick, Tanja

☐☐☐: 29:24:02

☐☐: Team Erdinger/Jogmap Ruhr

☐☐: 5.48 km/h

☐☐: 67

☐☐☐☐: 10:54 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 205 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 31 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 6(of 9)

Seniorinnen W40 (40-44 Jahre)

☐☐☐☐☐☐☐: 22:14:14

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