



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Barkman, Raymond

☐☐☐: 29:34:43

☐☐: Erasmus Universiteit Rotterdam RR

☐☐: 5.44 km/h

☐☐: 172

☐☐☐☐: 10:58 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 206 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 175 (of 247)

☐☐☐☐:

☐☐☐☐☐: 13:40:11

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐: 37(of 51)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	47:48	6:53	39	14:30	184	15:32	6.93	47:48	6:53	39	14:30	184	15:32
VP2 - Laufftreff Li	5.70	40:35	7:07	39	12:56	188	14:39	12.63	1:28:23	6:59	38	27:26	180	30:11
VP3 - Oranienbur	5.47	40:06	7:19	42	13:54	201	16:20	18.10	2:08:29	7:05	39	41:13	190	46:30
VP4 - Naturschut	4.97	50:28	10:09	51	25:37	237	27:19	23.07	2:58:57	7:45	47	1:06:50	218	1:13:49
VP5 - Frohnau	6.80	53:47	7:54	46	21:03	210	23:29	29.87	3:52:44	7:47	47	1:27:53	216	1:37:12
VP6 - Ruderclub	4.06	38:20	9:26	39	16:51	189	19:51	33.93	4:31:04	7:59	45	1:44:44	209	1:57:03
VP7 - Grenzturm	4.75	43:28	9:09	48	18:05	216	22:40	38.68	5:14:32	8:07	47	2:02:49	213	2:19:43
VP8 - Schönwald	7.53	1:09:48	9:16	46	27:21	205	34:12	46.21	6:24:20	8:19	47	2:30:10	208	2:53:55
VP9 - Falkenseer	5.69	1:29:07	15:39	51	55:17	236	1:01:59	51.90	7:53:27	9:07	51	3:25:27	229	3:55:54
VP10 - Karolinenl	6.60	59:06	8:57	34	18:54	142	28:57	58.50	8:52:33	9:06	48	3:44:04	220	4:24:51
VP11 - Pagel & Fi	4.90	49:52	10:10	33	19:45	160	27:07	63.40	9:42:25	9:11	45	4:02:05	216	4:51:58
VP12 - Schloss S	7.62	1:24:10	11:02	33	35:57	166	48:23	71.02	11:06:35	9:23	42	4:38:02	206	5:40:21
VP13 - Revierförs	6.21	58:54	9:29	32	18:05	158	29:14	77.23	12:05:29	9:23	41	4:55:57	203	6:09:35
VP14 - Brauhaus	6.00	53:32	8:55	23	11:21	110	24:00	83.23	12:59:01	9:21	40	5:06:53	197	6:33:35
VP15 - Gedenkst.	6.90	1:15:20	10:55	39	30:12	182	40:37	90.13	14:14:21	9:28	40	5:32:26	193	7:14:12
VP16 - Königswe	6.87	1:19:42	11:36	39	31:00	188	45:58	97.00	15:34:03	9:37	39	6:03:26	189	8:00:10
VP17 - Sportplatz	6.20	1:12:14	11:39	24	27:25	106	40:37	103.20	16:46:17	9:45	36	6:30:06	180	8:40:47
VP18 - Osdorfer	6.49	1:28:23	13:37	39	42:02	192	54:26	109.69	18:14:40	9:58	39	7:10:07	184	9:35:13
VP19 - Lichtenrav	5.71	1:21:04	14:11	42	41:06	192	51:45	115.40	19:35:44	10:11	39	7:48:09	184	10:26:58
VP20 - Kirchhain	4.35	1:10:43	16:15	39	39:26	191	46:25	119.75	20:46:27	10:24	37	8:23:12	181	11:13:23
VP21 - Buckow	6.15	1:10:47	11:30	28	27:29	138	35:47	125.90	21:57:14	10:27	37	8:48:03	182	11:49:10
VP22 - Rudow	4.97	1:47:22	21:36	40	1:10:01	187	1:25:59	130.87	23:44:36	10:53	40	9:53:29	184	13:07:53
VP23 - Johannistl	5.89	46:40	7:55	3	0:58	16	12:59	136.76	24:31:16	10:45	37	9:52:43	177	13:20:52
VP24 - Dammwe	5.64	57:10	10:08	17	16:39	76	25:29	142.40	25:28:26	10:44	37	9:59:28	174	13:46:00
VP25 - Eas Side	6.33	1:17:39	12:16	29	29:43	131	40:19	148.73	26:46:05	10:47	36	10:23:19	174	14:23:35
VP26 - Checkpoir	4.22	52:54	12:32	34	23:14	159	30:01	152.95	27:38:59	10:50	36	10:44:12	174	14:52:25
VP27 - Gedenkst.	4.12	1:01:43	14:58	35	30:36	167	37:00	157.07	28:40:42	10:57	37	11:11:11	177	15:27:44
Friedrich-Ludwig	4.78	54:01	11:18	31	26:03	140	29:38	161.85	29:34:43	10:57	37	11:30:52	175	15:54:32