



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Polakovs, Horst

☐☐: LT Ende Herdecke

☐☐: 129

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M60 (60-64 Jahre)

☐☐☐: 29:35:58

☐☐: 5.44 km/h

☐☐☐☐: 10:58 min/km

☐☐☐☐☐/☐☐☐☐: 207 (of 296)

☐☐☐☐☐/☐: 176 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 13(of 15)

☐☐☐☐☐☐☐: 22:52:46

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	46:16	6:40	7	5:04	145	14:00	6.93	46:16	6:40	7	5:04	145	14:00
VP2 - Laufftreff Li	5.70	41:38	7:18	12	8:12	205	15:42	12.63	1:27:54	6:57	9	13:16	177	29:42
VP3 - Oranienbur	5.47	39:25	7:12	10	7:53	191	15:39	18.10	2:07:19	7:02	9	21:09	181	45:20
VP4 - Naturschut	4.97	36:35	7:21	6	3:41	132	13:26	23.07	2:43:54	7:06	7	24:50	168	58:46
VP5 - Frohnau	6.80	52:03	7:39	10	11:50	193	21:45	29.87	3:35:57	7:13	7	36:40	173	1:20:25
VP6 - Ruderclub	4.06	37:24	9:12	7	8:53	182	18:55	33.93	4:13:21	7:28	7	45:33	174	1:39:20
VP7 - Grenzturm	4.75	47:14	9:56	13	17:48	230	26:26	38.68	5:00:35	7:46	11	1:03:21	194	2:05:46
VP8 - Schönwald	7.53	1:14:31	9:53	14	24:07	220	38:55	46.21	6:15:06	8:07	11	1:27:28	203	2:44:41
VP9 - Falkenseer	5.69	1:02:12	10:55	14	22:51	223	35:04	51.90	7:17:18	8:25	11	1:50:19	206	3:19:45
VP10 - Karolinenl	6.60	1:08:22	10:21	13	16:49	203	38:13	58.50	8:25:40	8:38	12	2:07:08	204	3:57:58
VP11 - Pagel & Fi	4.90	56:46	11:35	15	19:48	208	34:01	63.40	9:22:26	8:52	12	2:24:48	201	4:31:59
VP12 - Schloss Si	7.62	1:54:45	15:03	15	53:10	222	1:18:58	71.02	11:17:11	9:32	14	2:48:44	215	5:50:57
VP13 - Revierförs	6.21	1:09:13	11:08	14	18:02	209	39:33	77.23	12:26:24	9:39	14	2:59:03	215	6:30:30
VP14 - Brauhaus	6.00	1:05:16	10:52	12	19:58	190	35:44	83.23	13:31:40	9:45	14	2:59:23	214	7:06:14
VP15 - Gedenkst.	6.90	1:20:47	11:42	15	28:32	204	46:04	90.13	14:52:27	9:54	14	3:23:27	211	7:52:18
VP16 - Königswe	6.87	1:23:43	12:11	14	30:04	200	49:59	97.00	16:16:10	10:03	14	3:39:51	206	8:42:17
VP17 - Sportplatz	6.20	1:41:59	16:26	15	37:58	198	1:10:22	103.20	17:58:09	10:26	15	4:10:48	206	9:52:39
VP18 - Osdorfer	6.49	1:28:02	13:33	15	39:44	190	54:05	109.69	19:26:11	10:37	15	4:46:54	196	10:46:44
VP19 - Lichtenra	5.71	1:06:43	11:41	12	27:29	174	37:24	115.40	20:32:54	10:41	13	5:08:10	193	11:24:08
VP20 - Kirchhain	4.35	55:09	12:40	10	21:47	150	30:51	119.75	21:28:03	10:45	13	5:29:57	190	11:54:59
VP21 - Buckow	6.15	1:09:44	11:20	8	14:40	129	34:44	125.90	22:37:47	10:47	13	5:28:24	189	12:29:43
VP22 - Rudow	4.97	58:35	11:47	10	37:12	126	37:12	130.87	23:36:22	10:49	13	5:58:13	181	12:59:39
VP23 - Johannistl	5.89	1:08:53	11:41	9	16:07	126	35:12	136.76	24:45:15	10:51	13	6:02:40	181	13:34:51
VP24 - Dammwe	5.64	1:03:25	11:14	6	14:29	110	31:44	142.40	25:48:40	10:52	13	5:58:35	177	14:06:14
VP25 - Eas Side	6.33	1:12:51	11:30	8	14:48	107	35:31	148.73	27:01:31	10:54	13	6:11:35	176	14:39:01
VP26 - Checkpoir	4.22	45:15	10:43	9	8:48	109	22:22	152.95	27:46:46	10:53	13	6:20:23	175	15:00:12
VP27 - Gedenkst.	4.12	51:18	12:27	10	17:17	125	26:35	157.07	28:38:04	10:56	13	6:22:48	175	15:25:06
Friedrich-Ludwig	4.78	57:54	12:06	12	29:14	161	33:31	161.85	29:35:58	10:58	13	6:43:12	176	15:55:47