



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Schaerlaeckens, Ludo

☐☐☐: 29:36:00

☐☐: WC TORNADO

☐☐: 5.44 km/h

☐☐: 116

☐☐☐☐: 10:58 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 208 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 177 (of 247)

☐☐☐☐:

☐☐☐☐☐☐: 13:40:11

Senioren M55 (55-59 Jahre)

☐☐☐☐☐: 18(of 32)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	56:07	8:05	31	20:54	237	23:51	6.93	56:07	8:05	31	20:54	237	23:51
VP2 - Laufftreff Li	5.70	48:25	8:29	31	18:14	237	22:29	12.63	1:44:32	8:16	31	39:08	237	46:20
VP3 - Oranienbur	5.47	45:42	8:21	31	17:01	233	21:56	18.10	2:30:14	8:18	31	56:09	237	1:08:15
VP4 - Naturschut	4.97	44:50	9:01	30	16:26	222	21:41	23.07	3:15:04	8:27	31	1:12:35	237	1:29:56
VP5 - Frohnau	6.80	1:05:22	9:36	31	28:55	239	35:04	29.87	4:20:26	8:43	31	1:41:30	238	2:04:54
VP6 - Ruderclub	4.06	49:06	12:05	27	25:44	228	30:37	33.93	5:09:32	9:07	30	2:07:14	236	2:35:31
VP7 - Grenzturm	4.75	45:43	9:37	28	19:14	226	24:55	38.68	5:55:15	9:11	30	2:26:28	235	3:00:26
VP8 - Schönwald	7.53	1:20:38	10:42	29	37:56	233	45:02	46.21	7:15:53	9:25	30	3:04:24	235	3:45:28
VP9 - Falkenseer	5.69	1:05:20	11:28	28	31:36	228	38:12	51.90	8:21:13	9:39	28	3:36:00	233	4:23:40
VP10 - Karolinenl	6.60	1:12:44	11:01	24	34:30	216	42:35	58.50	9:33:57	9:48	26	4:10:30	231	5:06:15
VP11 - Pagel & Fi	4.90	52:10	10:38	20	19:44	180	29:25	63.40	10:26:07	9:52	26	4:29:56	224	5:35:40
VP12 - Schloss S	7.62	1:34:19	12:22	23	48:34	202	58:32	71.02	12:00:26	10:08	25	5:18:30	221	6:34:12
VP13 - Revierförs	6.21	1:10:35	11:21	24	29:05	212	40:55	77.23	13:11:01	10:14	24	5:47:35	219	7:15:07
VP14 - Brauhaus	6.00	1:04:03	10:40	22	24:51	185	34:31	83.23	14:15:04	10:16	25	6:12:26	219	7:49:38
VP15 - Gedenkst.	6.90	1:21:14	11:46	25	38:04	207	46:31	90.13	15:36:18	10:23	25	6:50:21	216	8:36:09
VP16 - Königswe	6.87	1:16:12	11:05	20	31:15	173	42:28	97.00	16:52:30	10:26	25	7:17:23	210	9:18:37
VP17 - Sportplatz	6.20	1:26:19	13:55	20	43:26	167	54:42	103.20	18:18:49	10:38	25	7:59:02	208	10:13:19
VP18 - Osdorfer	6.49	1:21:42	12:35	21	41:43	180	47:45	109.69	19:40:31	10:45	23	8:40:45	200	11:01:04
VP19 - Lichtenra	5.71	1:04:49	11:21	19	28:10	162	35:30	115.40	20:45:20	10:47	22	9:08:55	196	11:36:34
VP20 - Kirchhain	4.35	49:42	11:25	11	21:34	117	25:24	119.75	21:35:02	10:48	21	9:30:29	192	12:01:58
VP21 - Buckow	6.15	1:09:04	11:13	15	28:05	126	34:04	125.90	22:44:06	10:50	21	9:58:34	193	12:36:02
VP22 - Rudow	4.97	53:03	10:40	9	20:36	93	31:40	130.87	23:37:09	10:49	20	10:19:10	183	13:00:26
VP23 - Johannistf	5.89	1:08:01	11:32	12	30:11	120	34:20	136.76	24:45:10	10:51	19	10:49:21	180	13:34:46
VP24 - Dammwe	5.64	1:04:36	11:27	15	28:35	118	32:55	142.40	25:49:46	10:52	18	11:17:56	178	14:07:20
VP25 - Eas Side	6.33	1:13:56	11:40	11	28:20	115	36:36	148.73	27:03:42	10:55	18	11:45:54	177	14:41:12
VP26 - Checkpoir	4.22	46:15	10:57	14	18:56	124	23:22	152.95	27:49:57	10:55	18	11:51:37	177	15:03:23
VP27 - Gedenkst.	4.12	49:53	12:06	14	17:58	116	25:10	157.07	28:39:50	10:56	18	12:09:35	176	15:26:52
Friedrich-Ludwig	4.78	56:10	11:45	17	28:37	156	31:47	161.85	29:36:00	10:58	18	12:36:29	177	15:55:49