



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Maruyama, Tomoyuki

☐☐☐: 29:43:25

☐☐: Mara-Ken

☐☐: 5.42 km/h

☐☐: 279

☐☐☐☐: 11:01 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 209 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 178 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 29(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	50:29	7:17	36	17:50	220	18:13	6.93	50:29	7:17	36	17:50	220	18:13
VP2 - Laufftreff Li	5.70	42:28	7:27	34	14:57	216	16:32	12.63	1:32:57	7:21	35	32:47	216	34:45
VP3 - Oranienbur	5.47	42:13	7:43	34	17:15	215	18:27	18.10	2:15:10	7:28	35	50:02	223	53:11
VP4 - Naturschut	4.97	43:38	8:46	33	18:00	213	20:29	23.07	2:58:48	7:45	34	1:08:02	217	1:13:40
VP5 - Frohnau	6.80	52:38	7:44	33	20:40	199	22:20	29.87	3:51:26	7:44	34	1:28:42	215	1:35:54
VP6 - Ruderclub	4.06	52:58	13:02	36	33:19	231	34:29	33.93	4:44:24	8:22	35	2:02:01	225	2:10:23
VP7 - Grenzturm	4.75	39:36	8:20	33	16:58	195	18:48	38.68	5:24:00	8:22	35	2:18:59	220	2:29:11
VP8 - Schönwald	7.53	1:06:35	8:50	32	28:50	191	30:59	46.21	6:30:35	8:27	34	2:47:49	215	3:00:10
VP9 - Falkenseer	5.69	53:44	9:26	31	23:35	184	26:36	51.90	7:24:19	8:33	34	3:11:24	213	3:26:46
VP10 - Karolinenl	6.60	1:05:28	9:55	32	30:56	186	35:19	58.50	8:29:47	8:42	34	3:42:20	206	4:02:05
VP11 - Pagel & Fi	4.90	53:13	10:51	32	26:00	187	30:28	63.40	9:23:00	8:52	33	4:08:20	202	4:32:33
VP12 - Schloss S	7.62	1:42:55	13:30	34	59:08	215	1:07:08	71.02	11:05:55	9:22	34	5:07:28	204	5:39:41
VP13 - Revierförs	6.21	59:16	9:32	25	21:58	167	29:36	77.23	12:05:11	9:23	34	5:29:26	202	6:09:17
VP14 - Brauhaus	6.00	57:52	9:38	25	20:30	151	28:20	83.23	13:03:03	9:24	34	5:49:56	198	6:37:37
VP15 - Gedenkst.	6.90	1:20:56	11:43	34	41:02	206	46:13	90.13	14:23:59	9:35	34	6:30:58	198	7:23:50
VP16 - Königswe	6.87	1:21:07	11:48	32	40:18	192	47:23	97.00	15:45:06	9:44	34	7:11:16	195	8:11:13
VP17 - Sportplatz	6.20	1:42:30	16:31	31	1:03:18	199	1:10:53	103.20	17:27:36	10:09	34	8:14:34	201	9:22:06
VP18 - Osdorfer	6.49	1:18:29	12:05	28	37:27	172	44:32	109.69	18:46:05	10:15	32	8:52:01	191	10:06:38
VP19 - Lichtenra	5.71	1:21:53	14:20	30	46:47	193	52:34	115.40	20:07:58	10:28	32	9:37:55	188	10:59:12
VP20 - Kirchhain	4.35	1:09:33	15:59	32	41:53	190	45:15	119.75	21:17:31	10:40	32	10:17:00	187	11:44:27
VP21 - Buckow	6.15	1:21:41	13:16	27	43:22	176	46:41	125.90	22:39:12	10:47	32	10:58:24	190	12:31:08
VP22 - Rudow	4.97	1:05:53	13:15	23	35:24	164	44:30	130.87	23:45:05	10:53	30	11:31:45	185	13:08:22
VP23 - Johannistl	5.89	1:11:58	12:13	19	34:39	136	38:17	136.76	24:57:03	10:56	30	12:05:15	182	13:46:39
VP24 - Dammwe	5.64	1:05:59	11:41	19	30:03	126	34:18	142.40	26:03:02	10:58	29	12:33:25	179	14:20:36
VP25 - Eas Side	6.33	1:12:57	11:31	18	30:33	109	35:37	148.73	27:15:59	10:59	29	13:03:12	178	14:53:29
VP26 - Checkpoir	4.22	46:48	11:05	17	21:46	126	23:55	152.95	28:02:47	11:00	29	13:21:48	178	15:16:13
VP27 - Gedenkst.	4.12	54:54	13:19	20	29:02	144	30:11	157.07	28:57:41	11:03	29	13:50:50	178	15:44:43
Friedrich-Ludwig	4.78	45:44	9:34	14	17:32	91	21:21	161.85	29:43:25	11:01	29	14:08:22	178	16:03:14