



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Prause, Christel

☐☐: streakrunner.de/TEA

☐☐: 192

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W55 (55-59 Jahre)

☐☐☐: 29:59:59

☐☐: 5.37 km/h

☐☐☐☐: 11:07 min/km

☐☐☐☐☐/☐☐☐☐: 212 (of 296)

☐☐☐☐☐/☐: 33 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 3(of 6)

☐☐☐☐☐☐☐: 26:35:32

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