



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Dilling, Daniela

☐☐☐: 30:57:08

☐☐: LG Nord Berlin Ultrateam

☐☐: 5.20 km/h

☐☐: 114

☐☐☐☐: 11:28 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 213 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 34 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐:

☐☐☐☐☐: 7(of 7)

Seniorinnen W50 (50-54 Jahre)

☐☐☐☐☐☐☐: 19:29:40

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