



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

**Vieler, Jens**

☐☐: Swiss Mystery Racing Team

☐☐: 198

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 16:22:18

☐☐: 9.89 km/h

☐☐☐☐: 6:04 min/km

☐☐☐☐☐/☐☐☐☐: 6 (of 296)

☐☐☐☐☐/☐: 5 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 2(of 53)

☐☐☐☐☐☐☐: 15:34:05

☐☐☐☐

☐☐☐☐

☐☐☐

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