



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Ross, David

☐☐☐: 16:59:23

☐☐: 100 Marathon Club

☐☐: 9.48 km/h

☐☐: 25

☐☐☐☐: 6:18 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 7 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 6 (of 247)

☐☐☐☐:

☐☐☐☐☐: 3(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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