



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Vettermann, Matthias

☐☐☐: 16:59:31

☐☐: LG MuLi

☐☐: 9.48 km/h

☐☐: 292

☐☐☐☐: 6:18 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 8 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 7 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 1(of 32)

Senioren M55 (55-59 Jahre)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	35:13	5:04	1	-	13	2:57	6.93	35:13	5:04	1	-	13	2:57
VP2 - Laufftreff Li	5.70	30:11	5:17	1	-	15	4:15	12.63	1:05:24	5:10	1	-	14	7:12
VP3 - Oranienbur	5.47	28:41	5:14	1	-	15	4:55	18.10	1:34:05	5:11	1	-	15	12:06
VP4 - Naturschut	4.97	28:24	5:42	1	-	20	5:15	23.07	2:02:29	5:18	1	-	15	17:21
VP5 - Frohnau	6.80	36:27	5:21	1	-	16	6:09	29.87	2:38:56	5:19	1	-	13	23:24
VP6 - Ruderclub	4.06	23:22	5:45	1	-	15	4:53	33.93	3:02:18	5:22	1	-	13	28:17
VP7 - Grenzturm	4.75	26:29	5:34	1	-	15	5:41	38.68	3:28:47	5:23	1	-	13	33:58
VP8 - Schönwald	7.53	42:42	5:40	1	-	12	7:06	46.21	4:11:29	5:26	1	-	12	41:04
VP9 - Falkenseer	5.69	33:44	5:55	1	-	12	6:36	51.90	4:45:13	5:29	1	-	13	47:40
VP10 - Karolinenl	6.60	38:14	5:47	1	-	8	8:05	58.50	5:23:27	5:31	1	-	11	55:45
VP11 - Pagel & Fi	4.90	32:44	6:40	2	0:18	22	9:59	63.40	5:56:11	5:37	1	-	12	1:05:44
VP12 - Schloss S	7.62	45:45	6:00	1	-	8	9:58	71.02	6:41:56	5:39	1	-	11	1:15:42
VP13 - Revierförs	6.21	41:30	6:40	1	-	15	11:50	77.23	7:23:26	5:44	1	-	11	1:27:32
VP14 - Brauhaus	6.00	39:12	6:32	1	-	10	9:40	83.23	8:02:38	5:47	1	-	11	1:37:12
VP15 - Gedenkst.	6.90	43:19	6:16	2	0:09	6	8:36	90.13	8:45:57	5:50	1	-	11	1:45:48
VP16 - Königswe	6.87	49:10	7:09	2	4:13	16	15:26	97.00	9:35:07	5:55	1	-	10	2:01:14
VP17 - Sportplatz	6.20	44:40	7:12	2	1:47	12	13:03	103.20	10:19:47	6:00	1	-	10	2:14:17
VP18 - Osdorfer	6.49	39:59	6:09	1	-	2	6:02	109.69	10:59:46	6:00	1	-	9	2:20:19
VP19 - Lichtenra	5.71	36:39	6:25	1	-	7	7:20	115.40	11:36:25	6:02	1	-	9	2:27:39
VP20 - Kirchhain	4.35	28:08	6:28	1	-	3	3:50	119.75	12:04:33	6:03	1	-	9	2:31:29
VP21 - Buckow	6.15	40:59	6:39	1	-	8	5:59	125.90	12:45:32	6:04	1	-	9	2:37:28
VP22 - Rudow	4.97	32:27	6:31	1	-	5	11:04	130.87	13:17:59	6:05	1	-	9	2:41:16
VP23 - Johannistl	5.89	37:50	6:25	1	-	5	4:09	136.76	13:55:49	6:06	1	-	8	2:45:25
VP24 - Dammwe	5.64	36:01	6:23	1	-	5	4:20	142.40	14:31:50	6:07	1	-	8	2:49:24
VP25 - Eas Side	6.33	45:58	7:15	2	0:22	7	8:38	148.73	15:17:48	6:10	1	-	8	2:55:18
VP26 - Checkpoir	4.22	40:32	9:36	5	13:13	69	17:39	152.95	15:58:20	6:15	1	-	8	3:11:46
VP27 - Gedenkst.	4.12	31:55	7:44	1	-	10	7:12	157.07	16:30:15	6:18	1	-	8	3:17:17
Friedrich-Ludwig	4.78	29:16	6:07	2	1:43	7	4:53	161.85	16:59:31	6:17	1	-	7	3:19:20