



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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MORSTABILINI, LUCA

☐☐: Soresina running club

☐☐: 22

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 17:46:44

☐☐: 9.06 km/h

☐☐☐☐: 6:35 min/km

☐☐☐☐☐/☐☐☐☐: 10 (of 296)

☐☐☐☐☐/☐☐: 9 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 4(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	32:36	4:42	3	0:20	4	0:20	6.93	32:36	4:42	3	0:20	4	0:20
VP2 - Laufftreff Li	5.70	27:18	4:47	4	1:22	6	1:22	12.63	59:54	4:44	4	1:41	6	1:42
VP3 - Oranienbur	5.47	25:20	4:37	2	1:34	5	1:34	18.10	1:25:14	4:42	3	3:15	5	3:15
VP4 - Naturschut	4.97	24:02	4:50	3	0:53	4	0:53	23.07	1:49:16	4:44	3	4:08	4	4:08
VP5 - Frohnau	6.80	33:33	4:56	2	3:07	7	3:15	29.87	2:22:49	4:46	3	7:15	6	7:17
VP6 - Ruderclub	4.06	20:23	5:01	2	1:53	4	1:54	33.93	2:43:12	4:48	3	9:08	5	9:11
VP7 - Grenzturm	4.75	22:47	4:47	2	0:29	5	1:59	38.68	3:05:59	4:48	2	9:37	5	11:10
VP8 - Schönwald	7.53	40:38	5:23	3	2:53	7	5:02	46.21	3:46:37	4:54	3	12:30	6	16:12
VP9 - Falkenseer	5.69	32:40	5:44	4	2:08	8	5:32	51.90	4:19:17	4:59	3	14:38	6	21:44
VP10 - Karolinenl	6.60	38:39	5:51	4	3:37	10	8:30	58.50	4:57:56	5:05	3	15:24	6	30:14
VP11 - Pagel & Fi	4.90	27:30	5:36	3	0:48	6	4:45	63.40	5:25:26	5:07	3	16:03	6	34:59
VP12 - Schloss S	7.62	43:26	5:41	1	-	3	7:39	71.02	6:08:52	5:11	2	15:54	5	42:38
VP13 - Revierförs	6.21	36:30	5:52	2	1:16	4	6:50	77.23	6:45:22	5:14	2	15:41	5	49:28
VP14 - Brauhaus	6.00	35:33	5:55	2	1:21	4	6:01	83.23	7:20:55	5:17	2	13:19	5	55:29
VP15 - Gedenkst.	6.90	41:54	6:04	2	5:46	4	7:11	90.13	8:02:49	5:21	2	9:13	5	1:02:40
VP16 - Königswe	6.87	44:49	6:31	1	-	5	11:05	97.00	8:47:38	5:26	2	5:45	4	1:13:45
VP17 - Sportplatz	6.20	43:14	6:58	3	8:38	8	11:37	103.20	9:30:52	5:31	2	11:52	4	1:25:22
VP18 - Osdorfer	6.49	48:47	7:31	7	5:31	28	14:50	109.69	10:19:39	5:38	2	17:23	4	1:40:12
VP19 - Lichtenrav	5.71	41:12	7:12	8	6:09	23	11:53	115.40	11:00:51	5:43	2	19:15	4	1:52:05
VP20 - Kirchhain	4.35	31:23	7:12	3	1:43	14	7:05	119.75	11:32:14	5:46	2	20:58	4	1:59:10
VP21 - Buckow	6.15	41:49	6:47	4	3:27	11	6:49	125.90	12:14:03	5:49	2	21:01	4	2:05:59
VP22 - Rudow	4.97	36:07	7:16	3	5:48	11	14:44	130.87	12:50:10	5:53	2	15:23	4	2:13:27
VP23 - Johannistl	5.89	47:19	8:02	6	10:28	19	13:38	136.76	13:37:29	5:58	3	24:24	6	2:27:05
VP24 - Dammwe	5.64	42:23	7:30	6	10:42	14	10:42	142.40	14:19:52	6:02	4	35:06	7	2:37:26
VP25 - Eas Side	6.33	51:23	8:07	6	14:03	15	14:03	148.73	15:11:15	6:07	4	49:09	7	2:48:45
VP26 - Checkpoir	4.22	47:59	11:22	31	25:06	130	25:06	152.95	15:59:14	6:16	4	1:14:15	9	3:12:40
VP27 - Gedenkst.	4.12	55:55	13:34	33	31:12	147	31:12	157.07	16:55:09	6:27	4	1:45:27	9	3:42:11
Friedrich-Ludwig	4.78	51:35	10:47	31	27:12	122	27:12	161.85	17:46:44	6:35	4	2:12:39	9	4:06:33