



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Ohtonen, Jarmo

☐☐☐: 17:56:34

☐☐: Endurance

☐☐: 8.97 km/h

☐☐: 311

☐☐☐☐: 6:39 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 12 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 11 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 2(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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| ☐☐☐                 | ☐☐<br>km | ☐☐<br>☐☐ min/km | ☐☐<br>min/km | ☐☐<br>- | ☐☐<br>- | ☐☐<br>☐ | ☐☐<br>☐ | ☐☐☐<br>km | ☐☐☐<br>☐☐ min/km | ☐☐☐<br>- | ☐☐☐<br>- | ☐☐☐<br>☐ | ☐☐☐<br>☐ |         |
|---------------------|----------|-----------------|--------------|---------|---------|---------|---------|-----------|------------------|----------|----------|----------|----------|---------|
| VP1 - S-Bahnhof     | 6.93     | 42:14           | 6:05         | 9       | 7:01    | 81      | 9:58    | 6.93      | 42:14            | 6:05     | 9        | 7:01     | 81       | 9:58    |
| VP2 - Laufftreff Li | 5.70     | 35:12           | 6:10         | 10      | 5:01    | 93      | 9:16    | 12.63     | 1:17:26          | 6:07     | 10       | 12:02    | 89       | 19:14   |
| VP3 - Oranienbur    | 5.47     | 33:53           | 6:11         | 12      | 5:12    | 90      | 10:07   | 18.10     | 1:51:19          | 6:09     | 10       | 17:14    | 90       | 29:20   |
| VP4 - Naturschut    | 4.97     | 33:35           | 6:45         | 9       | 5:11    | 81      | 10:26   | 23.07     | 2:24:54          | 6:16     | 9        | 22:25    | 88       | 39:46   |
| VP5 - Frohnau       | 6.80     | 42:08           | 6:11         | 9       | 5:41    | 71      | 11:50   | 29.87     | 3:07:02          | 6:15     | 9        | 28:06    | 87       | 51:30   |
| VP6 - Ruderclub     | 4.06     | 26:30           | 6:31         | 3       | 3:08    | 46      | 8:01    | 33.93     | 3:33:32          | 6:17     | 9        | 31:14    | 73       | 59:31   |
| VP7 - Grenzturm     | 4.75     | 29:42           | 6:15         | 5       | 3:13    | 52      | 8:54    | 38.68     | 4:03:14          | 6:17     | 8        | 34:27    | 70       | 1:08:25 |
| VP8 - Schönwald     | 7.53     | 49:44           | 6:36         | 5       | 7:02    | 47      | 14:08   | 46.21     | 4:52:58          | 6:20     | 8        | 41:29    | 67       | 1:22:33 |
| VP9 - Falkenseer    | 5.69     | 37:53           | 6:39         | 5       | 4:09    | 42      | 10:45   | 51.90     | 5:30:51          | 6:22     | 7        | 45:38    | 61       | 1:33:18 |
| VP10 - Karolinenl   | 6.60     | 44:53           | 6:48         | 3       | 6:39    | 36      | 14:44   | 58.50     | 6:15:44          | 6:25     | 5        | 52:17    | 49       | 1:48:02 |
| VP11 - Pagel & Fi   | 4.90     | 33:38           | 6:51         | 3       | 1:12    | 27      | 10:53   | 63.40     | 6:49:22          | 6:27     | 5        | 53:11    | 49       | 1:58:55 |
| VP12 - Schloss S    | 7.62     | 52:43           | 6:55         | 2       | 6:58    | 20      | 16:56   | 71.02     | 7:42:05          | 6:30     | 4        | 1:00:09  | 38       | 2:15:51 |
| VP13 - Revierförs   | 6.21     | 43:33           | 7:00         | 2       | 2:03    | 18      | 13:53   | 77.23     | 8:25:38          | 6:32     | 3        | 1:02:12  | 34       | 2:29:44 |
| VP14 - Brauhaus     | 6.00     | 40:50           | 6:48         | 2       | 1:38    | 11      | 11:18   | 83.23     | 9:06:28          | 6:33     | 3        | 1:03:50  | 30       | 2:41:02 |
| VP15 - Gedenkst.    | 6.90     | 43:10           | 6:15         | 1       | -       | 5       | 8:27    | 90.13     | 9:49:38          | 6:32     | 3        | 1:03:41  | 24       | 2:49:29 |
| VP16 - Königswe     | 6.87     | 44:57           | 6:32         | 1       | -       | 6       | 11:13   | 97.00     | 10:34:35         | 6:32     | 2        | 59:28    | 21       | 3:00:42 |
| VP17 - Sportplatz   | 6.20     | 42:53           | 6:54         | 1       | -       | 7       | 11:16   | 103.20    | 11:17:28         | 6:33     | 2        | 57:41    | 18       | 3:11:58 |
| VP18 - Osdorfer     | 6.49     | 43:20           | 6:40         | 2       | 3:21    | 8       | 9:23    | 109.69    | 12:00:48         | 6:34     | 2        | 1:01:02  | 15       | 3:21:21 |
| VP19 - Lichtenrav   | 5.71     | 37:23           | 6:32         | 2       | 0:44    | 8       | 8:04    | 115.40    | 12:38:11         | 6:34     | 2        | 1:01:46  | 14       | 3:29:25 |
| VP20 - Kirchhain    | 4.35     | 29:10           | 6:42         | 2       | 1:02    | 4       | 4:52    | 119.75    | 13:07:21         | 6:34     | 2        | 1:02:48  | 14       | 3:34:17 |
| VP21 - Buckow       | 6.15     | 41:08           | 6:41         | 2       | 0:09    | 9       | 6:08    | 125.90    | 13:48:29         | 6:34     | 2        | 1:02:57  | 14       | 3:40:25 |
| VP22 - Rudow        | 4.97     | 34:48           | 7:00         | 2       | 2:21    | 8       | 13:25   | 130.87    | 14:23:17         | 6:35     | 2        | 1:05:18  | 13       | 3:46:34 |
| VP23 - Johannistl   | 5.89     | 40:20           | 6:50         | 2       | 2:30    | 9       | 6:39    | 136.76    | 15:03:37         | 6:36     | 2        | 1:07:48  | 13       | 3:53:13 |
| VP24 - Dammwe       | 5.64     | 39:40           | 7:01         | 2       | 3:39    | 11      | 7:59    | 142.40    | 15:43:17         | 6:37     | 2        | 1:11:27  | 13       | 4:00:51 |
| VP25 - Eas Side     | 6.33     | 45:36           | 7:12         | 1       | -       | 6       | 8:16    | 148.73    | 16:28:53         | 6:38     | 2        | 1:11:05  | 13       | 4:06:23 |
| VP26 - Checkpoir    | 4.22     | 27:19           | 6:28         | 1       | -       | 4       | 4:26    | 152.95    | 16:56:12         | 6:38     | 2        | 57:52    | 12       | 4:09:38 |
| VP27 - Gedenkst.    | 4.12     | 32:49           | 7:57         | 2       | 0:54    | 13      | 8:06    | 157.07    | 17:29:01         | 6:40     | 2        | 58:46    | 11       | 4:16:03 |
| Friedrich-Ludwig    | 4.78     | 27:33           | 5:45         | 1       | -       | 3       | 3:10    | 161.85    | 17:56:34         | 6:39     | 2        | 57:03    | 11       | 4:16:23 |