



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Kohlsdorf, Detlef

☐☐☐: 18:03:51

☐☐: LG Neueppin

☐☐: 8.91 km/h

☐☐: 24

☐☐☐☐: 6:42 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 13 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 12 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 1(of 51)

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐☐: 18:03:51

☐☐☐☐

☐☐☐☐

☐☐☐

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