



100MeilenBerlin Der Mauerweglauf

Berlin / 15.08.2015

0000

Weiss, Manfred

00: RZB Group Runners

00: 98

00: 161.85 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 18:21:06

00: 8.77 km/h

0000: 6:48 min/km

00000/0000: 14 (of 296)

00000/0: 13 (of 247)

000000: 13:40:11

00000: 2(of 51)

0000000: 18:03:51

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
VP1 - S-Bahnhof	6.93	40:08	5:47	9	6:50	51	7:52	6.93	40:08	5:47	9	6:50	51	7:52
VP2 - Laufftreff Li	5.70	32:24	5:41	8	4:45	42	6:28	12.63	1:12:32	5:44	9	11:35	47	14:20
VP3 - Oranienbur	5.47	31:10	5:41	9	4:58	41	7:24	18.10	1:43:42	5:43	9	16:26	41	21:43
VP4 - Naturschut	4.97	30:01	6:02	9	5:10	29	6:52	23.07	2:13:43	5:47	9	21:36	40	28:35
VP5 - Frohnau	6.80	37:56	5:34	5	5:12	20	7:38	29.87	2:51:39	5:44	6	26:48	33	36:07
VP6 - Ruderclub	4.06	23:50	5:52	3	2:21	18	5:21	33.93	3:15:29	5:45	4	29:09	23	41:28
VP7 - Grenzturm	4.75	26:49	5:38	3	1:26	16	6:01	38.68	3:42:18	5:44	4	30:35	21	47:29
VP8 - Schönwald	7.53	44:00	5:50	3	1:33	16	8:24	46.21	4:26:18	5:45	4	32:08	19	55:53
VP9 - Falkenseer	5.69	34:54	6:08	4	1:04	18	7:46	51.90	5:01:12	5:48	4	33:12	19	1:03:39
VP10 - Karolinenl	6.60	41:04	6:13	4	0:52	17	10:55	58.50	5:42:16	5:51	3	33:47	18	1:14:34
VP11 - Pagel & Fi	4.90	32:44	6:40	5	2:37	22	9:59	63.40	6:15:00	5:54	3	34:40	18	1:24:33
VP12 - Schloss S	7.62	50:29	6:37	2	2:16	15	14:42	71.02	7:05:29	5:59	3	36:56	16	1:39:15
VP13 - Revierförs	6.21	45:19	7:17	3	4:30	28	15:39	77.23	7:50:48	6:05	3	41:16	16	1:54:54
VP14 - Brauhaus	6.00	54:22	9:03	26	12:11	125	24:50	83.23	8:45:10	6:18	3	53:02	19	2:19:44
VP15 - Gedenkst.	6.90	45:08	6:32	1	-	11	10:25	90.13	9:30:18	6:19	3	48:23	18	2:30:09
VP16 - Königswe	6.87	52:43	7:40	3	4:01	24	18:59	97.00	10:23:01	6:25	3	52:24	17	2:49:08
VP17 - Sportplatz	6.20	50:16	8:06	5	5:27	27	18:39	103.20	11:13:17	6:31	3	57:06	15	3:07:47
VP18 - Osdorfer	6.49	48:28	7:28	3	2:07	24	14:31	109.69	12:01:45	6:34	3	57:12	17	3:22:18
VP19 - Lichtenra	5.71	39:58	6:59	1	-	15	10:39	115.40	12:41:43	6:36	2	54:08	15	3:32:57
VP20 - Kirchhain	4.35	31:17	7:11	1	-	13	6:59	119.75	13:13:00	6:37	2	49:45	15	3:39:56
VP21 - Buckow	6.15	43:18	7:02	1	-	14	8:18	125.90	13:56:18	6:38	2	47:07	15	3:48:14
VP22 - Rudow	4.97	37:21	7:30	1	-	13	15:58	130.87	14:33:39	6:40	2	42:32	15	3:56:56
VP23 - Johannistl	5.89	46:20	7:51	2	0:38	15	12:39	136.76	15:19:59	6:43	2	41:26	14	4:09:35
VP24 - Dammwe	5.64	40:31	7:11	1	-	12	8:50	142.40	16:00:30	6:44	2	31:32	14	4:18:04
VP25 - Eas Side	6.33	47:56	7:34	1	-	10	10:36	148.73	16:48:26	6:46	2	25:40	14	4:25:56
VP26 - Checkpoir	4.22	29:40	7:01	1	-	8	6:47	152.95	17:18:06	6:47	2	23:19	14	4:31:32
VP27 - Gedenkst.	4.12	32:11	7:48	3	1:04	11	7:28	157.07	17:50:17	6:48	2	20:46	14	4:37:19
Friedrich-Ludwig	4.78	30:49	6:26	2	2:51	12	6:26	161.85	18:21:06	6:48	2	17:15	13	4:40:55