



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Koppenheffer, Matt

☐☐: The Motley Fool

☐☐: 254

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M30 (30-34 Jahre)

☐☐☐: 18:26:45

☐☐: 8.73 km/h

☐☐☐☐: 6:50 min/km

☐☐☐☐☐/☐☐☐☐: 15 (of 296)

☐☐☐☐☐/☐: 14 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 1(of 12)

☐☐☐☐☐☐☐: 18:26:45

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	35:16	5:05	3	2:40	14	3:00	6.93	35:16	5:05	3	2:40	14	3:00
VP2 - Laufftreff Li	5.70	29:10	5:07	3	2:00	12	3:14	12.63	1:04:26	5:06	3	4:40	13	6:14
VP3 - Oranienbur	5.47	27:22	5:00	2	1:24	12	3:36	18.10	1:31:48	5:04	3	6:04	13	9:49
VP4 - Naturschut	4.97	26:32	5:20	2	1:54	11	3:23	23.07	1:58:20	5:07	3	7:58	13	13:12
VP5 - Frohnau	6.80	35:01	5:08	1	-	9	4:43	29.87	2:33:21	5:08	2	7:44	12	17:49
VP6 - Ruderclub	4.06	22:52	5:37	2	0:36	12	4:23	33.93	2:56:13	5:11	2	8:20	12	22:12
VP7 - Grenzturm	4.75	24:45	5:12	1	-	8	3:57	38.68	3:20:58	5:11	2	2:12	10	26:09
VP8 - Schönwald	7.53	40:25	5:22	1	-	6	4:49	46.21	4:01:23	5:13	1	-	9	30:58
VP9 - Falkenseer	5.69	32:47	5:45	1	-	10	5:39	51.90	4:34:10	5:16	1	-	9	36:37
VP10 - Karolinenl	6.60	38:28	5:49	1	-	9	8:19	58.50	5:12:38	5:20	1	-	8	44:56
VP11 - Pagel & Fi	4.90	29:43	6:03	1	-	10	6:58	63.40	5:42:21	5:23	1	-	8	51:54
VP12 - Schloss S	7.62	53:08	6:58	1	-	21	17:21	71.02	6:35:29	5:34	1	-	9	1:09:15
VP13 - Revierförs	6.21	41:28	6:40	1	-	14	11:48	77.23	7:16:57	5:39	1	-	9	1:21:03
VP14 - Brauhaus	6.00	42:25	7:04	1	-	19	12:53	83.23	7:59:22	5:45	1	-	10	1:33:56
VP15 - Gedenkst.	6.90	45:48	6:38	1	-	15	11:05	90.13	8:45:10	5:49	1	-	10	1:45:01
VP16 - Königswe	6.87	52:26	7:37	2	4:35	22	18:42	97.00	9:37:36	5:57	1	-	11	2:03:43
VP17 - Sportplatz	6.20	43:18	6:59	1	-	9	11:41	103.20	10:20:54	6:00	1	-	11	2:15:24
VP18 - Osdorfer	6.49	45:10	6:57	2	4:09	12	11:13	109.69	11:06:04	6:04	1	-	11	2:26:37
VP19 - Lichtenrav	5.71	46:53	8:12	4	11:46	52	17:34	115.40	11:52:57	6:10	1	-	11	2:44:11
VP20 - Kirchhain	4.35	31:33	7:15	3	1:17	15	7:15	119.75	12:24:30	6:13	1	-	11	2:51:26
VP21 - Buckow	6.15	44:36	7:15	3	1:57	18	9:36	125.90	13:09:06	6:16	1	-	10	3:01:02
VP22 - Rudow	4.97	42:15	8:30	2	6:52	23	20:52	130.87	13:51:21	6:21	1	-	11	3:14:38
VP23 - Johannistl	5.89	55:16	9:22	3	8:28	57	21:35	136.76	14:46:37	6:28	1	-	11	3:36:13
VP24 - Dammwe	5.64	46:01	8:09	2	1:53	21	14:20	142.40	15:32:38	6:32	1	-	12	3:50:12
VP25 - Eas Side	6.33	54:00	8:31	1	-	21	16:40	148.73	16:26:38	6:38	1	-	12	4:04:08
VP26 - Checkpoir	4.22	40:23	9:34	7	7:01	67	17:30	152.95	17:07:01	6:42	1	-	13	4:20:27
VP27 - Gedenkst.	4.12	42:29	10:18	6	7:37	60	17:46	157.07	17:49:30	6:48	1	-	13	4:36:32
Friedrich-Ludwig	4.78	37:15	7:47	3	1:58	40	12:52	161.85	18:26:45	6:50	1	-	14	4:46:34