



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Jacobsen, Carsten

☐☐: AMOK

☐☐: 142

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 18:54:19

☐☐: 8.52 km/h

☐☐☐☐: 7:01 min/km

☐☐☐☐☐/☐☐☐☐: 17 (of 296)

☐☐☐☐☐/☐: 16 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 6(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	42:37	6:08	18	10:21	86	10:21	6.93	42:37	6:08	18	10:21	86	10:21
VP2 - Lauftreff Li	5.70	34:15	6:00	20	8:19	74	8:19	12.63	1:16:52	6:05	19	18:39	84	18:40
VP3 - Oranienbur	5.47	31:59	5:50	14	8:13	60	8:13	18.10	1:48:51	6:00	18	26:52	78	26:52
VP4 - Naturschut	4.97	32:37	6:33	18	9:28	72	9:28	23.07	2:21:28	6:07	18	36:20	77	36:20
VP5 - Frohnau	6.80	41:22	6:05	17	10:56	63	11:04	29.87	3:02:50	6:07	17	47:16	70	47:18
VP6 - Ruderclub	4.06	27:05	6:40	14	8:35	51	8:36	33.93	3:29:55	6:11	15	55:51	62	55:54
VP7 - Grenzturm	4.75	29:31	6:12	14	7:13	49	8:43	38.68	3:59:26	6:11	14	1:03:04	57	1:04:37
VP8 - Schönwald	7.53	50:01	6:38	15	12:16	50	14:25	46.21	4:49:27	6:15	14	1:15:20	57	1:19:02
VP9 - Falkenseer	5.69	38:33	6:46	12	8:01	45	11:25	51.90	5:28:00	6:19	13	1:23:21	52	1:30:27
VP10 - Karolinenl	6.60	45:15	6:51	11	10:13	39	15:06	58.50	6:13:15	6:22	13	1:30:43	47	1:45:33
VP11 - Pagel & Fi	4.90	35:47	7:18	10	9:05	41	13:02	63.40	6:49:02	6:27	13	1:39:39	48	1:58:35
VP12 - Schloss S	7.62	57:03	7:29	10	13:37	33	21:16	71.02	7:46:05	6:33	12	1:53:07	44	2:19:51
VP13 - Revierförs	6.21	44:10	7:06	7	8:56	21	14:30	77.23	8:30:15	6:36	11	2:00:34	41	2:34:21
VP14 - Brauhaus	6.00	41:29	6:54	5	7:17	15	11:57	83.23	9:11:44	6:37	10	2:04:08	34	2:46:18
VP15 - Gedenkst.	6.90	55:09	7:59	16	19:01	57	20:26	90.13	10:06:53	6:44	10	2:13:17	35	3:06:44
VP16 - Königswe	6.87	48:26	7:02	4	3:37	14	14:42	97.00	10:55:19	6:45	10	2:13:26	32	3:21:26
VP17 - Sportplatz	6.20	44:22	7:09	4	9:46	11	12:45	103.20	11:39:41	6:46	9	2:20:41	26	3:34:11
VP18 - Osdorfer	6.49	44:43	6:53	2	1:27	9	10:46	109.69	12:24:24	6:47	8	2:22:08	25	3:44:57
VP19 - Lichtenrav	5.71	37:54	6:38	2	2:51	9	8:35	115.40	13:02:18	6:46	8	2:20:42	23	3:53:32
VP20 - Kirchhain	4.35	34:15	7:52	8	4:35	29	9:57	119.75	13:36:33	6:49	7	2:25:17	22	4:03:29
VP21 - Buckow	6.15	45:08	7:20	7	6:46	19	10:08	125.90	14:21:41	6:50	7	2:28:39	22	4:13:37
VP22 - Rudow	4.97	46:00	9:15	10	15:41	41	24:37	130.87	15:07:41	6:56	7	2:32:54	22	4:30:58
VP23 - Johannistl	5.89	47:35	8:04	7	10:44	21	13:54	136.76	15:55:16	6:59	7	2:42:11	21	4:44:52
VP24 - Dammwe	5.64	41:39	7:23	5	9:58	13	9:58	142.40	16:36:55	7:00	7	2:52:09	20	4:54:29
VP25 - Eas Side	6.33	48:49	7:42	3	11:29	11	11:29	148.73	17:25:44	7:01	7	3:03:38	19	5:03:14
VP26 - Checkpoir	4.22	27:20	6:28	2	4:27	5	4:27	152.95	17:53:04	7:00	6	3:08:05	18	5:06:30
VP27 - Gedenkst.	4.12	30:38	7:26	2	5:55	5	5:55	157.07	18:23:42	7:01	6	3:14:00	17	5:10:44
Friedrich-Ludwig	4.78	30:37	6:24	5	6:14	11	6:14	161.85	18:54:19	7:00	6	3:20:14	16	5:14:08