



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Kummer, Thomas

☐☐☐: 19:22:10

☐☐: Hoywoy-Renntiere

☐☐: 8.31 km/h

☐☐: 103

☐☐☐☐: 7:11 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 20 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 19 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 7(of 53)

Senioren M45 (45-49 Jahre)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	38:50	5:36	10	6:34	37	6:34	6.93	38:50	5:36	10	6:34	37	6:34
VP2 - Laufftreff Li	5.70	31:12	5:28	5	5:16	18	5:16	12.63	1:10:02	5:32	8	11:49	25	11:50
VP3 - Oranienbur	5.47	30:27	5:34	6	6:41	31	6:41	18.10	1:40:29	5:33	8	18:30	26	18:30
VP4 - Naturschut	4.97	31:01	6:14	11	7:52	46	7:52	23.07	2:11:30	5:42	9	26:22	34	26:22
VP5 - Frohnau	6.80	39:58	5:52	11	9:32	40	9:40	29.87	2:51:28	5:44	8	35:54	32	35:56
VP6 - Ruderclub	4.06	24:41	6:04	6	6:11	23	6:12	33.93	3:16:09	5:46	7	42:05	24	42:08
VP7 - Grenzturm	4.75	28:35	6:01	11	6:17	36	7:47	38.68	3:44:44	5:48	7	48:22	24	49:55
VP8 - Schönwald	7.53	47:18	6:16	9	9:33	32	11:42	46.21	4:32:02	5:53	6	57:55	22	1:01:37
VP9 - Falkenseer	5.69	36:33	6:25	7	6:01	27	9:25	51.90	5:08:35	5:56	6	1:03:56	23	1:11:02
VP10 - Karolinenl	6.60	43:03	6:31	6	8:01	25	12:54	58.50	5:51:38	6:00	6	1:09:06	22	1:23:56
VP11 - Pagel & Fi	4.90	33:56	6:55	6	7:14	29	11:11	63.40	6:25:34	6:04	6	1:16:11	22	1:35:07
VP12 - Schloss S	7.62	51:26	6:44	6	8:00	17	15:39	71.02	7:17:00	6:09	6	1:24:02	19	1:50:46
VP13 - Revierförs	6.21	45:16	7:17	10	10:02	26	15:36	77.23	8:02:16	6:14	6	1:32:35	20	2:06:22
VP14 - Brauhaus	6.00	42:01	7:00	6	7:49	17	12:29	83.23	8:44:17	6:17	5	1:36:41	18	2:18:51
VP15 - Gedenkst.	6.90	47:14	6:50	5	11:06	20	12:31	90.13	9:31:31	6:20	5	1:37:55	19	2:31:22
VP16 - Königswe	6.87	53:17	7:45	9	8:28	27	19:33	97.00	10:24:48	6:26	5	1:42:55	18	2:50:55
VP17 - Sportplatz	6.20	50:17	8:06	10	15:41	28	18:40	103.20	11:15:05	6:32	5	1:56:05	17	3:09:35
VP18 - Osdorfer	6.49	46:04	7:05	3	2:48	15	12:07	109.69	12:01:09	6:34	5	1:58:53	16	3:21:42
VP19 - Lichtenra	5.71	44:51	7:51	10	9:48	37	15:32	115.40	12:46:00	6:38	5	2:04:24	16	3:37:14
VP20 - Kirchhain	4.35	33:23	7:40	5	3:43	22	9:05	119.75	13:19:23	6:40	5	2:08:07	17	3:46:19
VP21 - Buckow	6.15	47:35	7:44	8	9:13	24	12:35	125.90	14:06:58	6:43	6	2:13:56	19	3:58:54
VP22 - Rudow	4.97	42:18	8:30	6	11:59	24	20:55	130.87	14:49:16	6:47	6	2:14:29	19	4:12:33
VP23 - Johannistl	5.89	46:42	7:55	5	9:51	17	13:01	136.76	15:35:58	6:50	6	2:22:53	19	4:25:34
VP24 - Dammwe	5.64	48:30	8:35	10	16:49	31	16:49	142.40	16:24:28	6:54	6	2:39:42	19	4:42:02
VP25 - Eas Side	6.33	53:33	8:27	8	16:13	19	16:13	148.73	17:18:01	6:58	6	2:55:55	18	4:55:31
VP26 - Checkpoir	4.22	37:19	8:50	10	14:26	38	14:26	152.95	17:55:20	7:01	7	3:10:21	19	5:08:46
VP27 - Gedenkst.	4.12	43:47	10:37	15	19:04	66	19:04	157.07	18:39:07	7:07	7	3:29:25	19	5:26:09
Friedrich-Ludwig	4.78	43:03	9:00	18	18:40	75	18:40	161.85	19:22:10	7:10	7	3:48:05	19	5:41:59