



100MeilenBerlin Der Mauerweglauf

Berlin / 15.08.2015

0000

Krauss, Roland

000: 19:34:25

00: Lauftreff KA-BA

00: 8.23 km/h

00: 195

0000: 7:16 min/km

00: 161.85 km

00000/000: 22 (of 296)

100MeilenBerlin

00000/0: 20 (of 247)

000000: 13:40:11

0000:

00000: 3(of 51)

Senioren M50 (50-54 Jahre)

0000000: 18:03:51

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0000

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
VP1 - S-Bahnhof	6.93	35:20	5:05	3	2:02	15	3:04	6.93	35:20	5:05	3	2:02	15	3:04
VP2 - Lauftreff Li	5.70	30:07	5:17	3	2:28	14	4:11	12.63	1:05:27	5:10	3	4:30	15	7:15
VP3 - Oranienbur	5.47	28:25	5:11	3	2:13	14	4:39	18.10	1:33:52	5:11	3	6:36	14	11:53
VP4 - Naturschut	4.97	28:21	5:42	4	3:30	19	5:12	23.07	2:02:13	5:17	3	10:06	14	17:05
VP5 - Frohnau	6.80	37:45	5:33	4	5:01	19	7:27	29.87	2:39:58	5:21	3	15:07	15	24:26
VP6 - Ruderclub	4.06	25:05	6:10	7	3:36	30	6:36	33.93	3:05:03	5:27	3	18:43	16	31:02
VP7 - Grenzturm	4.75	25:57	5:27	2	0:34	12	5:09	38.68	3:31:00	5:27	3	19:17	15	36:11
VP8 - Schönwald	7.53	43:03	5:43	2	0:36	14	7:27	46.21	4:14:03	5:29	3	19:53	17	43:38
VP9 - Falkenseer	5.69	34:09	6:00	2	0:19	14	7:01	51.90	4:48:12	5:33	2	20:12	16	50:39
VP10 - Karolinenl	6.60	40:14	6:05	2	0:02	13	10:05	58.50	5:28:26	5:36	2	19:57	15	1:00:44
VP11 - Pagel & Fi	4.90	30:07	6:08	1	-	11	7:22	63.40	5:58:33	5:39	2	18:13	14	1:08:06
VP12 - Schloss S	7.62	54:26	7:08	4	6:13	23	18:39	71.02	6:52:59	5:48	2	24:26	15	1:26:45
VP13 - Revierförs	6.21	40:49	6:34	1	-	11	11:09	77.23	7:33:48	5:52	2	24:16	15	1:37:54
VP14 - Brauhaus	6.00	42:11	7:01	1	-	18	12:39	83.23	8:15:59	5:57	2	23:51	14	1:50:33
VP15 - Gedenkst.	6.90	53:01	7:41	13	7:53	47	18:18	90.13	9:09:00	6:05	2	27:05	14	2:08:51
VP16 - Königswe	6.87	49:34	7:12	2	0:52	17	15:50	97.00	9:58:34	6:10	2	27:57	13	2:24:41
VP17 - Sportplatz	6.20	1:06:44	10:45	19	21:55	83	35:07	103.20	11:05:18	6:26	2	49:07	14	2:59:48
VP18 - Osdorfer	6.49	51:33	7:56	7	5:12	42	17:36	109.69	11:56:51	6:32	2	52:18	14	3:17:24
VP19 - Lichtenra	5.71	51:22	8:59	17	11:24	82	22:03	115.40	12:48:13	6:39	3	1:00:38	19	3:39:27
VP20 - Kirchhain	4.35	39:31	9:05	7	8:14	46	15:13	119.75	13:27:44	6:44	3	1:04:29	21	3:54:40
VP21 - Buckow	6.15	49:12	8:00	4	5:54	29	14:12	125.90	14:16:56	6:48	3	1:07:45	20	4:08:52
VP22 - Rudow	4.97	40:11	8:05	3	2:50	17	18:48	130.87	14:57:07	6:51	3	1:06:00	20	4:20:24
VP23 - Johannistl	5.89	48:08	8:10	5	2:26	22	14:27	136.76	15:45:15	6:54	3	1:06:42	20	4:34:51
VP24 - Dammwe	5.64	51:44	9:10	8	11:13	44	20:03	142.40	16:36:59	7:00	3	1:08:01	21	4:54:33
VP25 - Eas Side	6.33	59:12	9:21	8	11:16	41	21:52	148.73	17:36:11	7:06	3	1:13:25	21	5:13:41
VP26 - Checkpoir	4.22	44:08	10:27	22	14:28	100	21:15	152.95	18:20:19	7:11	3	1:25:32	21	5:33:45
VP27 - Gedenkst.	4.12	42:05	10:12	16	10:58	59	17:22	157.07	19:02:24	7:16	3	1:32:53	20	5:49:26
Friedrich-Ludwig	4.78	32:01	6:41	3	4:03	16	7:38	161.85	19:34:25	7:15	3	1:30:34	20	5:54:14