



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Sistermanns, Elmar

☐☐: LG Mörfelden-Walldorf

☐☐: 32

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 19:42:43

☐☐: 8.17 km/h

☐☐☐☐: 7:19 min/km

☐☐☐☐☐/☐☐☐☐: 23 (of 296)

☐☐☐☐☐/☐: 21 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 4(of 51)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	41:54	6:02	15	8:36	80	9:38	6.93	41:54	6:02	15	8:36	80	9:38
VP2 - Lauftreff Li	5.70	37:00	6:29	21	9:21	115	11:04	12.63	1:18:54	6:14	18	17:57	95	20:42
VP3 - Oranienbur	5.47	31:35	5:46	12	5:23	49	7:49	18.10	1:50:29	6:06	18	23:13	86	28:30
VP4 - Naturschut	4.97	31:58	6:25	14	7:07	58	8:49	23.07	2:22:27	6:10	16	30:20	82	37:19
VP5 - Frohnau	6.80	40:30	5:57	9	7:46	48	10:12	29.87	3:02:57	6:07	15	38:06	72	47:25
VP6 - Ruderclub	4.06	25:19	6:14	8	3:50	31	6:50	33.93	3:28:16	6:08	12	41:56	57	54:15
VP7 - Grenzturm	4.75	29:17	6:09	9	3:54	42	8:29	38.68	3:57:33	6:08	12	45:50	54	1:02:44
VP8 - Schönwald	7.53	46:20	6:09	4	3:53	21	10:44	46.21	4:43:53	6:08	10	49:43	47	1:13:28
VP9 - Falkenseer	5.69	34:36	6:04	3	0:46	15	7:28	51.90	5:18:29	6:08	7	50:29	40	1:20:56
VP10 - Karolinenl	6.60	40:12	6:05	1	-	12	10:03	58.50	5:58:41	6:07	6	50:12	30	1:30:59
VP11 - Pagel & Fi	4.90	32:19	6:35	4	2:12	19	9:34	63.40	6:31:00	6:10	6	50:40	29	1:40:33
VP12 - Schloss S	7.62	50:58	6:41	3	2:45	16	15:11	71.02	7:21:58	6:13	5	53:25	24	1:55:44
VP13 - Revierförs	6.21	46:17	7:27	6	5:28	37	16:37	77.23	8:08:15	6:19	4	58:43	23	2:12:21
VP14 - Brauhaus	6.00	43:34	7:15	4	1:23	25	14:02	83.23	8:51:49	6:23	4	59:41	23	2:26:23
VP15 - Gedenkst.	6.90	50:53	7:22	7	5:45	33	16:10	90.13	9:42:42	6:27	4	1:00:47	22	2:42:33
VP16 - Königswe	6.87	55:47	8:07	6	7:05	44	22:03	97.00	10:38:29	6:34	4	1:07:52	24	3:04:36
VP17 - Sportplatz	6.20	50:05	8:04	4	5:16	26	18:28	103.20	11:28:34	6:40	4	1:12:23	22	3:23:04
VP18 - Osdorfer	6.49	52:52	8:08	10	6:31	49	18:55	109.69	12:21:26	6:45	4	1:16:53	23	3:41:59
VP19 - Lichtenra	5.71	43:58	7:41	5	4:00	35	14:39	115.40	13:05:24	6:48	4	1:17:49	24	3:56:38
VP20 - Kirchhain	4.35	32:32	7:28	2	1:15	18	8:14	119.75	13:37:56	6:49	4	1:14:41	23	4:04:52
VP21 - Buckow	6.15	47:05	7:39	3	3:47	22	12:05	125.90	14:25:01	6:52	4	1:15:50	23	4:16:57
VP22 - Rudow	4.97	52:07	10:29	21	14:46	87	30:44	130.87	15:17:08	7:00	4	1:26:01	25	4:40:25
VP23 - Johannistl	5.89	49:51	8:27	8	4:09	31	16:10	136.76	16:06:59	7:04	4	1:28:26	25	4:56:35
VP24 - Dammwe	5.64	47:31	8:25	5	7:00	27	15:50	142.40	16:54:30	7:07	4	1:25:32	23	5:12:04
VP25 - Eas Side	6.33	1:01:42	9:44	12	13:46	51	24:22	148.73	17:56:12	7:14	4	1:33:26	23	5:33:42
VP26 - Checkpoir	4.22	34:40	8:12	8	5:00	22	11:47	152.95	18:30:52	7:15	4	1:36:05	23	5:44:18
VP27 - Gedenkst.	4.12	36:50	8:56	8	5:43	29	12:07	157.07	19:07:42	7:18	4	1:38:11	22	5:54:44
Friedrich-Ludwig	4.78	35:01	7:19	8	7:03	28	10:38	161.85	19:42:43	7:18	4	1:38:52	21	6:02:32