



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Traub, Uwe

☐☐: SV Rotfelden

☐☐: 272

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M50 (50-54 Jahre)

☐☐☐: 19:47:53

☐☐: 8.13 km/h

☐☐☐☐: 7:20 min/km

☐☐☐☐☐/☐☐☐☐: 25 (of 296)

☐☐☐☐☐/☐: 23 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 5(of 51)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	41:36	6:00	13	8:18	76	6.93	41:36	6:00	13	8:18	76	9:20
VP2 - Laufftreff Li	5.70	34:34	6:03	14	6:55	83	12.63	1:16:10	6:01	14	15:13	80	17:58
VP3 - Oranienbur	5.47	33:41	6:09	18	7:29	87	18.10	1:49:51	6:04	16	22:35	83	27:52
VP4 - Naturschut	4.97	32:20	6:30	16	7:29	69	23.07	2:22:11	6:09	15	30:04	81	37:03
VP5 - Frohnau	6.80	40:36	5:58	10	7:52	49	29.87	3:02:47	6:07	14	37:56	69	47:15
VP6 - Ruderclub	4.06	26:57	6:38	12	5:28	49	33.93	3:29:44	6:10	13	43:24	60	55:43
VP7 - Grenzturm	4.75	29:47	6:16	13	4:24	54	38.68	3:59:31	6:11	13	47:48	60	1:04:42
VP8 - Schönwald	7.53	52:18	6:56	13	9:51	68	46.21	4:51:49	6:18	13	57:39	63	1:21:24
VP9 - Falkenseer	5.69	38:02	6:41	8	4:12	43	51.90	5:29:51	6:21	13	1:01:51	59	1:32:18
VP10 - Karolinenl	6.60	47:33	7:12	10	7:21	51	58.50	6:17:24	6:27	10	1:08:55	52	1:49:42
VP11 - Pagel & Fi	4.90	35:34	7:15	9	5:27	39	63.40	6:52:58	6:30	10	1:12:38	52	2:02:31
VP12 - Schloss S	7.62	59:42	7:50	8	11:29	42	71.02	7:52:40	6:39	9	1:24:07	48	2:26:26
VP13 - Revierförs	6.21	46:06	7:25	5	5:17	36	77.23	8:38:46	6:43	9	1:29:14	48	2:42:52
VP14 - Brauhaus	6.00	51:17	8:32	16	9:06	86	83.23	9:30:03	6:50	9	1:37:55	49	3:04:37
VP15 - Gedenkst.	6.90	49:24	7:09	3	4:16	26	90.13	10:19:27	6:52	9	1:37:32	44	3:19:18
VP16 - Königswe	6.87	53:12	7:44	4	4:30	26	97.00	11:12:39	6:56	7	1:42:02	38	3:38:46
VP17 - Sportplatz	6.20	56:59	9:11	9	12:10	50	103.20	12:09:38	7:04	6	1:53:27	37	4:04:08
VP18 - Osdorfer	6.49	48:53	7:31	4	2:32	29	109.69	12:58:31	7:05	6	1:53:58	36	4:19:04
VP19 - Lichtenra	5.71	43:45	7:39	4	3:47	33	115.40	13:42:16	7:07	5	1:54:41	34	4:33:30
VP20 - Kirchhain	4.35	34:14	7:52	3	2:57	28	119.75	14:16:30	7:09	5	1:53:15	32	4:43:26
VP21 - Buckow	6.15	50:23	8:11	7	7:05	38	125.90	15:06:53	7:12	5	1:57:42	31	4:58:49
VP22 - Rudow	4.97	42:08	8:28	5	4:47	22	130.87	15:49:01	7:15	5	1:57:54	30	5:12:18
VP23 - Johannistl	5.89	49:17	8:22	7	3:35	29	136.76	16:38:18	7:17	5	1:59:45	29	5:27:54
VP24 - Dammwe	5.64	44:58	7:58	3	4:27	19	142.40	17:23:16	7:19	5	1:54:18	27	5:40:50
VP25 - Eas Side	6.33	52:36	8:18	3	4:40	17	148.73	18:15:52	7:22	5	1:53:06	25	5:53:22
VP26 - Checkpoir	4.22	30:55	7:19	2	1:15	11	152.95	18:46:47	7:22	5	1:52:00	25	6:00:13
VP27 - Gedenkst.	4.12	33:08	8:02	4	2:01	14	157.07	19:19:55	7:23	5	1:50:24	25	6:06:57
Friedrich-Ludwig	4.78	27:58	5:51	1	-	4	161.85	19:47:53	7:20	5	1:44:02	23	6:07:42