



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Strykowski, Jaroslaw

☐☐☐: 19:50:35

☐☐: Team ASA ☐ Biegziem po Zdrowie.

☐☐: 8.11 km/h

☐☐: 302

☐☐☐☐: 7:22 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 26 (of 296)

100MeilenBerlin

☐☐☐☐☐☐/☐: 24 (of 247)

☐☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐☐: 8(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	32:45	4:43	4	0:29	9	0:29	6.93	32:45	4:43	4	0:29	9	0:29
VP2 - Lauftreff Li	5.70	27:04	4:44	3	1:08	4	1:08	12.63	59:49	4:44	3	1:36	5	1:37
VP3 - Oranienbur	5.47	26:50	4:54	4	3:04	10	3:04	18.10	1:26:39	4:47	4	4:40	8	4:40
VP4 - Naturschut	4.97	26:01	5:14	4	2:52	10	2:52	23.07	1:52:40	4:53	4	7:32	9	7:32
VP5 - Frohnau	6.80	35:58	5:17	5	5:32	13	5:40	29.87	2:28:38	4:58	4	13:04	9	13:06
VP6 - Ruderclub	4.06	24:48	6:06	7	6:18	25	6:19	33.93	2:53:26	5:06	4	19:22	10	19:25
VP7 - Grenzturm	4.75	27:55	5:52	8	5:37	26	7:07	38.68	3:21:21	5:12	4	24:59	11	26:32
VP8 - Schönwald	7.53	47:10	6:15	6	9:25	29	11:34	46.21	4:08:31	5:22	4	34:24	11	38:06
VP9 - Falkenseer	5.69	37:29	6:35	10	6:57	37	10:21	51.90	4:46:00	5:30	5	41:21	15	48:27
VP10 - Karolinenl	6.60	44:24	6:43	9	9:22	31	14:15	58.50	5:30:24	5:38	5	47:52	16	1:02:42
VP11 - Pagel & Fi	4.90	35:27	7:14	9	8:45	37	12:42	63.40	6:05:51	5:46	5	56:28	17	1:15:24
VP12 - Schloss Si	7.62	1:04:16	8:26	17	20:50	62	28:29	71.02	7:10:07	6:03	5	1:17:09	18	1:43:53
VP13 - Revierförs	6.21	51:41	8:19	22	16:27	87	22:01	77.23	8:01:48	6:14	5	1:32:07	19	2:05:54
VP14 - Brauhaus	6.00	44:41	7:26	10	10:29	29	15:09	83.23	8:46:29	6:19	6	1:38:53	20	2:21:03
VP15 - Gedenkst.	6.90	49:04	7:06	9	12:56	25	14:21	90.13	9:35:33	6:23	6	1:41:57	20	2:35:24
VP16 - Königswe	6.87	51:24	7:28	6	6:35	21	17:40	97.00	10:26:57	6:27	6	1:45:04	19	2:53:04
VP17 - Sportplatz	6.20	54:40	8:49	12	20:04	39	23:03	103.20	11:21:37	6:36	7	2:02:37	20	3:16:07
VP18 - Osdorfer	6.49	54:07	8:20	14	10:51	55	20:10	109.69	12:15:44	6:42	7	2:13:28	22	3:36:17
VP19 - Lichtenrav	5.71	45:52	8:01	15	10:49	47	16:33	115.40	13:01:36	6:46	7	2:20:00	22	3:52:50
VP20 - Kirchhain	4.35	38:57	8:57	11	9:17	42	14:39	119.75	13:40:33	6:51	8	2:29:17	25	4:07:29
VP21 - Buckow	6.15	51:31	8:22	13	13:09	43	16:31	125.90	14:32:04	6:55	9	2:39:02	26	4:24:00
VP22 - Rudow	4.97	42:33	8:33	8	12:14	26	21:10	130.87	15:14:37	6:59	8	2:39:50	23	4:37:54
VP23 - Johannistl	5.89	51:38	8:45	9	14:47	33	17:57	136.76	16:06:15	7:03	8	2:53:10	24	4:55:51
VP24 - Dammwe	5.64	48:43	8:38	11	17:02	32	17:02	142.40	16:54:58	7:07	8	3:10:12	24	5:12:32
VP25 - Eas Side	6.33	1:01:43	9:44	13	24:23	52	24:23	148.73	17:56:41	7:14	8	3:34:35	24	5:34:11
VP26 - Checkpoir	4.22	38:30	9:07	12	15:37	47	15:37	152.95	18:35:11	7:17	8	3:50:12	24	5:48:37
VP27 - Gedenkst.	4.12	38:51	9:25	6	14:08	39	14:08	157.07	19:14:02	7:20	8	4:04:20	24	6:01:04
Friedrich-Ludwig	4.78	36:33	7:38	11	12:10	38	12:10	161.85	19:50:35	7:21	8	4:16:30	24	6:10:24