



100MeilenBerlin Der Mauerweglauf

Berlin / 15.08.2015

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SAMUELE, FABRIZIO

□□□: 19:56:07

□□: RUNNERS PESCARA

□□: 8.08 km/h

□□: 275

□□□□: 7:23 min/km

□□: 161.85 km

□□□□□/□□□: 27 (of 296)

100MeilenBerlin

□□□□□/□: 25 (of 247)

□□□□□□: 13:40:11

□□□□:

□□□□□: 5(of 38)

Senioren M40 (40-44 Jahre)

□□□□□□□: 15:35:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - S-Bahnhof	6.93	37:31	5:24	3	4:52	18	5:15	6.93	37:31	5:24	3	4:52	18	5:15
VP2 - Laufftreff Li	5.70	31:00	5:26	3	3:29	16	5:04	12.63	1:08:31	5:25	3	8:21	18	10:19
VP3 - Oranienbur	5.47	28:52	5:16	3	3:54	16	5:06	18.10	1:37:23	5:22	3	12:15	16	15:24
VP4 - Naturschut	4.97	28:12	5:40	4	2:34	17	5:03	23.07	2:05:35	5:26	4	14:49	17	20:27
VP5 - Frohnau	6.80	36:17	5:20	4	4:19	15	5:59	29.87	2:41:52	5:25	3	19:08	16	26:20
VP6 - Ruderclub	4.06	22:02	5:25	3	2:23	9	3:33	33.93	3:03:54	5:25	3	21:31	14	29:53
VP7 - Grenzturm	4.75	25:44	5:25	3	3:06	11	4:56	38.68	3:29:38	5:25	3	24:37	14	34:49
VP8 - Schönwald	7.53	42:14	5:36	3	4:29	9	6:38	46.21	4:11:52	5:27	3	29:06	13	41:27
VP9 - Falkenseer	5.69	32:43	5:44	3	2:34	9	5:35	51.90	4:44:35	5:28	3	31:40	12	47:02
VP10 - Karolinenl	6.60	40:55	6:11	5	6:23	16	10:46	58.50	5:25:30	5:33	4	38:03	14	57:48
VP11 - Pagel & Fi	4.90	31:24	6:24	4	4:11	14	8:39	63.40	5:56:54	5:37	4	42:14	13	1:06:27
VP12 - Schloss S	7.62	48:52	6:24	4	5:05	13	13:05	71.02	6:45:46	5:42	3	47:19	12	1:19:32
VP13 - Revierförs	6.21	42:38	6:51	6	5:20	17	12:58	77.23	7:28:24	5:48	4	52:39	13	1:32:30
VP14 - Brauhaus	6.00	41:19	6:53	4	3:57	13	11:47	83.23	8:09:43	5:53	4	56:36	13	1:44:17
VP15 - Gedenkst.	6.90	44:53	6:30	3	4:59	9	10:10	90.13	8:54:36	5:55	4	1:01:35	13	1:54:27
VP16 - Königswe	6.87	48:03	6:59	5	7:14	11	14:19	97.00	9:42:39	6:00	4	1:08:49	12	2:08:46
VP17 - Sportplatz	6.20	44:19	7:08	4	5:07	10	12:42	103.20	10:26:58	6:04	4	1:13:56	12	2:21:28
VP18 - Osdorfer	6.49	50:56	7:50	9	9:54	39	16:59	109.69	11:17:54	6:10	4	1:23:50	12	2:38:27
VP19 - Lichtenrav	5.71	50:17	8:48	12	15:11	71	20:58	115.40	12:08:11	6:18	4	1:38:08	12	2:59:25
VP20 - Kirchhain	4.35	32:40	7:30	6	5:00	20	8:22	119.75	12:40:51	6:21	4	1:40:20	12	3:07:47
VP21 - Buckow	6.15	59:44	9:42	15	21:25	75	24:44	125.90	13:40:35	6:31	5	1:59:47	13	3:32:31
VP22 - Rudow	4.97	47:06	9:28	12	16:37	48	25:43	130.87	14:27:41	6:37	5	2:14:21	14	3:50:58
VP23 - Johannistl	5.89	52:29	8:54	7	15:10	40	18:48	136.76	15:20:10	6:43	5	2:28:22	15	4:09:46
VP24 - Dammwe	5.64	56:36	10:02	12	20:40	68	24:55	142.40	16:16:46	6:51	5	2:47:09	18	4:34:20
VP25 - Eas Side	6.33	1:11:53	11:21	15	29:29	101	34:33	148.73	17:28:39	7:03	5	3:15:52	20	5:06:09
VP26 - Checkpoir	4.22	51:03	12:05	20	26:01	149	28:10	152.95	18:19:42	7:11	5	3:38:43	20	5:33:08
VP27 - Gedenkst.	4.12	51:32	12:30	16	25:40	127	26:49	157.07	19:11:14	7:19	5	4:04:23	23	5:58:16
Friedrich-Ludwig	4.78	44:53	9:23	12	16:41	84	20:30	161.85	19:56:07	7:23	5	4:21:04	25	6:15:56