



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Roucka, Armin

☐☐☐: 22:13:25

☐☐: Team Klinikum Nürnberg

☐☐: 7.24 km/h

☐☐: 138

☐☐☐☐: 8:14 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 54 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 50 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 10(of 51)

Senioren M50 (50-54 Jahre)

☐☐☐☐☐☐☐: 18:03:51

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	39:24	5:41	8	6:06	44	7:08	6.93	39:24	5:41	8	6:06	44	7:08
VP2 - Laufftreff Li	5.70	32:07	5:38	5	4:28	35	6:11	12.63	1:11:31	5:39	7	10:34	39	13:19
VP3 - Oranienbur	5.47	31:00	5:40	8	4:48	39	7:14	18.10	1:42:31	5:39	7	15:15	39	20:32
VP4 - Naturschut	4.97	30:46	6:11	11	5:55	42	7:37	23.07	2:13:17	5:46	7	21:10	38	28:09
VP5 - Frohnau	6.80	42:39	6:16	17	9:55	79	12:21	29.87	2:55:56	5:53	11	31:05	45	40:24
VP6 - Ruderclub	4.06	24:04	5:55	4	2:35	19	5:35	33.93	3:20:00	5:53	10	33:40	39	45:59
VP7 - Grenzturm	4.75	28:47	6:03	8	3:24	40	7:59	38.68	3:48:47	5:54	8	37:04	38	53:58
VP8 - Schönwald	7.53	47:09	6:15	5	4:42	28	11:33	46.21	4:35:56	5:58	5	41:46	30	1:05:31
VP9 - Falkenseer	5.69	36:48	6:28	5	2:58	31	9:40	51.90	5:12:44	6:01	5	44:44	26	1:15:11
VP10 - Karolinenl	6.60	42:43	6:28	6	2:31	23	12:34	58.50	5:55:27	6:04	5	46:58	25	1:27:45
VP11 - Pagel & Fi	4.90	30:59	6:19	2	0:52	12	8:14	63.40	6:26:26	6:05	5	46:06	23	1:35:59
VP12 - Schloss S	7.62	54:37	7:10	5	6:24	24	18:50	71.02	7:21:03	6:12	4	52:30	23	1:54:49
VP13 - Revierförs	6.21	47:37	7:40	11	6:48	49	17:57	77.23	8:08:40	6:19	5	59:08	26	2:12:46
VP14 - Brauhaus	6.00	52:04	8:40	18	9:53	96	22:32	83.23	9:00:44	6:29	5	1:08:36	26	2:35:18
VP15 - Gedenkst.	6.90	50:55	7:22	8	5:47	34	16:12	90.13	9:51:39	6:33	5	1:09:44	27	2:51:30
VP16 - Königswe	6.87	1:02:46	9:08	20	14:04	93	29:02	97.00	10:54:25	6:44	5	1:23:48	30	3:20:32
VP17 - Sportplatz	6.20	57:29	9:16	10	12:40	55	25:52	103.20	11:51:54	6:53	5	1:35:43	30	3:46:24
VP18 - Osdorfer	6.49	57:30	8:51	17	11:09	75	23:33	109.69	12:49:24	7:00	5	1:44:51	31	4:09:57
VP19 - Lichtenra	5.71	53:43	9:24	21	13:45	96	24:24	115.40	13:43:07	7:07	6	1:55:32	36	4:34:21
VP20 - Kirchhain	4.35	42:32	9:46	12	11:15	69	18:14	119.75	14:25:39	7:13	6	2:02:24	35	4:52:35
VP21 - Buckow	6.15	1:01:10	9:56	14	17:52	82	26:10	125.90	15:26:49	7:21	7	2:17:38	38	5:18:45
VP22 - Rudow	4.97	48:43	9:48	16	11:22	60	27:20	130.87	16:15:32	7:27	7	2:24:25	37	5:38:49
VP23 - Johannistl	5.89	1:01:07	10:22	23	15:25	91	27:26	136.76	17:16:39	7:34	8	2:38:06	39	6:06:15
VP24 - Dammwe	5.64	1:02:40	11:06	23	22:09	107	30:59	142.40	18:19:19	7:43	9	2:50:21	39	6:36:53
VP25 - Eas Side	6.33	1:05:58	10:25	18	18:02	75	28:38	148.73	19:25:17	7:50	9	3:02:31	41	7:02:47
VP26 - Checkpoir	4.22	48:25	11:28	28	18:45	133	25:32	152.95	20:13:42	7:56	10	3:18:55	44	7:27:08
VP27 - Gedenkst.	4.12	1:07:41	16:25	37	36:34	174	42:58	157.07	21:21:23	8:09	10	3:51:52	48	8:08:25
Friedrich-Ludwig	4.78	52:02	10:53	28	24:04	126	27:39	161.85	22:13:25	8:14	10	4:09:34	50	8:33:14