



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Wurm, Christoph

☐☐☐: 22:18:35

☐☐: ASFM Göttingen

☐☐: 7.22 km/h

☐☐: 33

☐☐☐☐: 8:16 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 57 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 52 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 10(of 38)

Senioren M40 (40-44 Jahre)

☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	38:16	5:31	8	5:37	31	6:00	6.93	38:16	5:31	8	5:37	31	6:00
VP2 - Lauftreff Li	5.70	31:03	5:26	4	3:32	17	5:07	12.63	1:09:19	5:29	6	9:09	22	11:07
VP3 - Oranienbur	5.47	29:49	5:27	5	4:51	23	6:03	18.10	1:39:08	5:28	5	14:00	20	17:09
VP4 - Naturschut	4.97	31:23	6:18	11	5:45	51	8:14	23.07	2:10:31	5:39	7	19:45	26	25:23
VP5 - Frohnau	6.80	39:43	5:50	11	7:45	37	9:25	29.87	2:50:14	5:41	8	27:30	28	34:42
VP6 - Ruderclub	4.06	28:55	7:07	14	9:16	77	10:26	33.93	3:19:09	5:52	9	36:46	35	45:08
VP7 - Grenzturm	4.75	28:01	5:53	8	5:23	28	7:13	38.68	3:47:10	5:52	9	42:09	32	52:21
VP8 - Schönwald	7.53	48:12	6:24	11	10:27	37	12:36	46.21	4:35:22	5:57	9	52:36	28	1:04:57
VP9 - Falkenseer	5.69	39:50	7:00	10	9:41	54	12:42	51.90	5:15:12	6:04	10	1:02:17	34	1:17:39
VP10 - Karolinenl	6.60	51:17	7:46	16	16:45	77	21:08	58.50	6:06:29	6:15	11	1:19:02	41	1:38:47
VP11 - Pagel & Fi	4.90	41:53	8:32	17	14:40	96	19:08	63.40	6:48:22	6:26	10	1:33:42	44	1:57:55
VP12 - Schloss S	7.62	1:15:34	9:55	23	31:47	127	39:47	71.02	8:03:56	6:48	12	2:05:29	55	2:37:42
VP13 - Revierförs	6.21	54:03	8:42	18	16:45	112	24:23	77.23	8:57:59	6:57	10	2:22:14	54	3:02:05
VP14 - Brauhaus	6.00	53:38	8:56	19	16:16	112	24:06	83.23	9:51:37	7:06	10	2:38:30	54	3:26:11
VP15 - Gedenkst.	6.90	47:40	6:54	8	7:46	23	12:57	90.13	10:39:17	7:05	10	2:46:16	54	3:39:08
VP16 - Königswe	6.87	1:06:10	9:37	20	25:21	126	32:26	97.00	11:45:27	7:16	10	3:11:37	52	4:11:34
VP17 - Sportplatz	6.20	1:29:43	14:28	27	50:31	174	58:06	103.20	13:15:10	7:42	12	4:02:08	68	5:09:40
VP18 - Osdorfer	6.49	45:55	7:04	7	4:53	14	11:58	109.69	14:01:05	7:40	12	4:07:01	63	5:21:38
VP19 - Lichtenra	5.71	45:50	8:01	8	10:44	46	16:31	115.40	14:46:55	7:41	11	4:16:52	62	5:38:09
VP20 - Kirchhain	4.35	50:15	11:33	19	22:35	120	25:57	119.75	15:37:10	7:49	11	4:36:39	64	6:04:06
VP21 - Buckow	6.15	49:38	8:04	7	11:19	33	14:38	125.90	16:26:48	7:50	11	4:46:00	60	6:18:44
VP22 - Rudow	4.97	44:22	8:55	7	13:53	34	22:59	130.87	17:11:10	7:52	11	4:57:50	58	6:34:27
VP23 - Johannistl	5.89	53:02	9:00	8	15:43	42	19:21	136.76	18:04:12	7:55	11	5:12:24	54	6:53:48
VP24 - Dammwe	5.64	48:53	8:40	6	12:57	33	17:12	142.40	18:53:05	7:57	10	5:23:28	50	7:10:39
VP25 - Eas Side	6.33	1:01:43	9:44	8	19:19	52	24:23	148.73	19:54:48	8:02	10	5:42:01	49	7:32:18
VP26 - Checkpoir	4.22	42:40	10:06	13	17:38	85	19:47	152.95	20:37:28	8:05	10	5:56:29	50	7:50:54
VP27 - Gedenkst.	4.12	51:57	12:36	17	26:05	131	27:14	157.07	21:29:25	8:12	10	6:22:34	50	8:16:27
Friedrich-Ludwig	4.78	49:10	10:17	17	20:58	110	24:47	161.85	22:18:35	8:16	10	6:43:32	52	8:38:24