



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Heufler, Charly

☐☐: Keiner

☐☐: 201

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 25:25:45

☐☐: 6.33 km/h

☐☐☐☐: 9:26 min/km

☐☐☐☐☐/☐☐☐☐: 121 (of 296)

☐☐☐☐☐/☐: 107 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 30(of 53)

☐☐☐☐☐☐☐: 15:34:05

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	44:05	6:21	27	11:49	110	6.93	44:05	6:21	27	11:49	110	11:49
VP2 - Laufftreff Li	5.70	38:21	6:43	35	12:25	144	12.63	1:22:26	6:31	31	24:13	124	24:14
VP3 - Oranienbur	5.47	35:24	6:28	25	11:38	110	18.10	1:57:50	6:30	30	35:51	119	35:51
VP4 - Naturschut	4.97	37:37	7:34	34	14:28	149	23.07	2:35:27	6:44	31	50:19	128	50:19
VP5 - Frohnau	6.80	45:54	6:45	29	15:28	120	29.87	3:21:21	6:44	32	1:05:47	126	1:05:49
VP6 - Ruderclub	4.06	27:26	6:45	16	8:56	54	33.93	3:48:47	6:44	25	1:14:43	103	1:14:46
VP7 - Grenzturm	4.75	36:41	7:43	38	14:23	168	38.68	4:25:28	6:51	27	1:29:06	110	1:30:39
VP8 - Schönwald	7.53	55:27	7:21	28	17:42	92	46.21	5:20:55	6:56	27	1:46:48	107	1:50:30
VP9 - Falkenseer	5.69	49:31	8:42	35	18:59	151	51.90	6:10:26	7:08	31	2:05:47	121	2:12:53
VP10 - Karolinenl	6.60	51:52	7:51	22	16:50	84	58.50	7:02:18	7:13	28	2:19:46	106	2:34:36
VP11 - Pagel & Fi	4.90	47:58	9:47	31	21:16	144	63.40	7:50:16	7:25	27	2:40:53	103	2:59:49
VP12 - Schloss S	7.62	1:09:08	9:04	24	25:42	95	71.02	8:59:24	7:35	28	3:06:26	101	3:33:10
VP13 - Revierförs	6.21	50:15	8:05	20	15:01	75	77.23	9:49:39	7:38	28	3:19:58	97	3:53:45
VP14 - Brauhaus	6.00	56:18	9:22	31	22:06	141	83.23	10:45:57	7:45	28	3:38:21	98	4:20:31
VP15 - Gedenkst.	6.90	1:00:39	8:47	26	24:31	99	90.13	11:46:36	7:50	28	3:53:00	99	4:46:27
VP16 - Königswe	6.87	1:10:43	10:17	37	25:54	150	97.00	12:57:19	8:00	28	4:15:26	105	5:23:26
VP17 - Sportplatz	6.20	1:31:34	14:46	38	56:58	181	103.20	14:28:53	8:25	31	5:09:53	117	6:23:23
VP18 - Osdorfer	6.49	1:01:42	9:30	26	18:26	102	109.69	15:30:35	8:29	30	5:28:19	113	6:51:08
VP19 - Lichtenra	5.71	53:49	9:25	27	18:46	98	115.40	16:24:24	8:31	29	5:42:48	111	7:15:38
VP20 - Kirchhain	4.35	46:20	10:39	26	16:40	93	119.75	17:10:44	8:36	29	5:59:28	112	7:37:40
VP21 - Buckow	6.15	1:10:02	11:23	31	31:40	130	125.90	18:20:46	8:44	30	6:27:44	113	8:12:42
VP22 - Rudow	4.97	55:43	11:12	25	25:24	115	130.87	19:16:29	8:50	30	6:41:42	114	8:39:46
VP23 - Johannistl	5.89	1:08:24	11:36	29	31:33	121	136.76	20:24:53	8:57	29	7:11:48	114	9:14:29
VP24 - Dammwe	5.64	1:11:01	12:35	35	39:20	152	142.40	21:35:54	9:06	28	7:51:08	112	9:53:28
VP25 - Eas Side	6.33	1:31:39	14:28	39	54:19	173	148.73	23:07:33	9:19	30	8:45:27	113	10:45:03
VP26 - Checkpoir	4.22	42:01	9:57	20	19:08	79	152.95	23:49:34	9:20	30	9:04:35	111	11:03:00
VP27 - Gedenkst.	4.12	43:40	10:35	14	18:57	65	157.07	24:33:14	9:22	30	9:23:32	107	11:20:16
Friedrich-Ludwig	4.78	52:31	10:59	33	28:08	131	161.85	25:25:45	9:25	30	9:51:40	107	11:45:34