



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Schraud, Ludwig

☐☐: RV Viktoria Halsheim

☐☐: 335

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M45 (45-49 Jahre)

☐☐☐: 25:55:27

☐☐: 6.21 km/h

☐☐☐☐: 9:37 min/km

☐☐☐☐☐/☐☐☐☐: 136 (of 296)

☐☐☐☐☐/☐☐: 121 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 33(of 53)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐	
VP1 - S-Bahnhof	6.93	48:52	7:03	41	16:36	196	6.93	48:52	7:03	41	16:36	196	16:36
VP2 - Laufftreff Li	5.70	39:45	6:58	39	13:49	176	12.63	1:28:37	7:00	41	30:24	187	30:25
VP3 - Oranienbur	5.47	38:10	6:58	40	14:24	163	18.10	2:06:47	7:00	41	44:48	176	44:48
VP4 - Naturschut	4.97	39:24	7:55	39	16:15	175	23.07	2:46:11	7:12	40	1:01:03	177	1:01:03
VP5 - Frohnau	6.80	55:02	8:05	46	24:36	218	29.87	3:41:13	7:24	44	1:25:39	194	1:25:41
VP6 - Ruderclub	4.06	33:52	8:20	30	15:22	136	33.93	4:15:05	7:31	43	1:41:01	178	1:41:04
VP7 - Grenzturm	4.75	36:08	7:36	36	13:50	162	38.68	4:51:13	7:31	40	1:54:51	171	1:56:24
VP8 - Schönwald	7.53	1:01:06	8:06	35	23:21	148	46.21	5:52:19	7:37	40	2:18:12	168	2:21:54
VP9 - Falkenseer	5.69	50:02	8:47	37	19:30	158	51.90	6:42:21	7:45	38	2:37:42	166	2:44:48
VP10 - Karolinenl	6.60	53:09	8:03	25	18:07	94	58.50	7:35:30	7:47	37	2:52:58	154	3:07:48
VP11 - Pagel & Fi	4.90	49:14	10:02	35	22:32	153	63.40	8:24:44	7:57	36	3:15:21	149	3:34:17
VP12 - Schloss S	7.62	1:08:19	8:57	23	24:53	92	71.02	9:33:03	8:04	33	3:40:05	137	4:06:49
VP13 - Revierförs	6.21	53:32	8:37	27	18:18	105	77.23	10:26:35	8:06	33	3:56:54	135	4:30:41
VP14 - Brauhaus	6.00	54:19	9:03	28	20:07	124	83.23	11:20:54	8:10	33	4:13:18	132	4:55:28
VP15 - Gedenkst.	6.90	1:20:40	11:41	42	44:32	203	90.13	12:41:34	8:26	35	4:47:58	138	5:41:25
VP16 - Königswe	6.87	1:03:09	9:11	25	18:20	96	97.00	13:44:43	8:30	35	5:02:50	131	6:10:50
VP17 - Sportplatz	6.20	1:12:56	11:45	31	38:20	111	103.20	14:57:39	8:41	36	5:38:39	132	6:52:09
VP18 - Osdorfer	6.49	1:02:28	9:37	27	19:12	108	109.69	16:00:07	8:45	35	5:57:51	128	7:20:40
VP19 - Lichtenrau	5.71	1:07:00	11:44	39	31:57	176	115.40	17:07:07	8:54	36	6:25:31	132	7:58:21
VP20 - Kirchhain	4.35	50:54	11:42	35	21:14	124	119.75	17:58:01	9:00	36	6:46:45	131	8:24:57
VP21 - Buckow	6.15	1:10:02	11:23	31	31:40	130	125.90	19:08:03	9:07	35	7:15:01	126	8:59:59
VP22 - Rudow	4.97	1:08:08	13:42	41	37:49	170	130.87	20:16:11	9:17	35	7:41:24	127	9:39:28
VP23 - Johannistl	5.89	1:19:40	13:31	38	42:49	165	136.76	21:35:51	9:28	35	8:22:46	130	10:25:27
VP24 - Dammwe	5.64	1:30:18	16:00	41	58:37	181	142.40	23:06:09	9:44	34	9:21:23	130	11:23:43
VP25 - Eas Side	6.33	51:00	8:03	5	13:40	14	148.73	23:57:09	9:39	33	9:35:03	125	11:34:39
VP26 - Checkpoir	4.22	46:41	11:03	30	23:48	125	152.95	24:43:50	9:42	33	9:58:51	125	11:57:16
VP27 - Gedenkst.	4.12	41:29	10:04	10	16:46	57	157.07	25:25:19	9:42	33	10:15:37	122	12:12:21
Friedrich-Ludwig	4.78	30:08	6:18	4	5:45	10	161.85	25:55:27	9:36	33	10:21:22	121	12:15:16