



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Raulfs, Thorsten

☐☐: Post-SV Holzminden

☐☐: 46

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Senioren M40 (40-44 Jahre)

☐☐☐☐☐/☐☐☐☐: DNF (of 296)

☐☐☐☐☐/☐☐: DNF (of 247)

☐☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐☐: DNF(of 38)

☐☐☐☐☐☐☐☐: 15:35:03

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	40:17	5:48	13	7:38	53	8:01	6.93	40:17	5:48	13	7:38	53	8:01
VP2 - Laufftreff Li	5.70	31:39	5:33	7	4:08	25	5:43	12.63	1:11:56	5:41	10	11:46	43	13:44
VP3 - Oranienbur	5.47	33:49	6:10	19	8:51	89	10:03	18.10	1:45:45	5:50	14	20:37	53	23:46
VP4 - Naturschut	4.97	33:36	6:45	18	7:58	83	10:27	23.07	2:19:21	6:02	16	28:35	58	34:13
VP5 - Frohnau	6.80	42:58	6:19	19	11:00	84	12:40	29.87	3:02:19	6:06	17	39:35	66	46:47
VP6 - Ruderclub	4.06	36:53	9:05	31	17:14	176	18:24	33.93	3:39:12	6:27	20	56:49	87	1:05:11
VP7 - Grenzturm	4.75	34:29	7:15	23	11:51	127	13:41	38.68	4:13:41	6:33	20	1:08:40	89	1:18:52
VP8 - Schönwald	7.53	1:04:32	8:34	29	26:47	179	28:56	46.21	5:18:13	6:53	20	1:35:27	100	1:47:48
VP9 - Falkenseer	5.69	50:11	8:49	28	20:02	163	23:03	51.90	6:08:24	7:05	22	1:55:29	109	2:10:51
VP10 - Karolinenl	6.60	56:47	8:36	25	22:15	126	26:38	58.50	7:05:11	7:16	23	2:17:44	112	2:37:29
VP11 - Pagel & Fi	4.90	50:26	10:17	27	23:13	166	27:41	63.40	7:55:37	7:30	22	2:40:57	113	3:05:10
VP12 - Schloss S	7.62	1:07:27	8:51	15	23:40	81	31:40	71.02	9:03:04	7:38	21	3:04:37	108	3:36:50
VP13 - Revierförs	6.21	1:03:19	10:11	31	26:01	189	33:39	77.23	10:06:23	7:51	22	3:30:38	114	4:10:29
VP14 - Brauhaus	6.00	53:09	8:51	18	15:47	109	23:37	83.23	10:59:32	7:55	23	3:46:25	116	4:34:06
VP15 - Gedenkst.	6.90	1:03:39	9:13	24	23:45	120	28:56	90.13	12:03:11	8:01	23	4:10:10	116	5:03:02
VP16 - Königswe	6.87	1:02:38	9:07	14	21:49	91	28:54	97.00	13:05:49	8:06	23	4:31:59	115	5:31:56
VP17 - Sportplatz	6.20	1:53:19	18:16	34	1:14:07	208	1:21:42	103.20	14:59:08	8:42	24	5:46:06	133	6:53:38
VP18 - Osdorfer	6.49	1:13:11	11:16	27	32:09	157	39:14	109.69	16:12:19	8:51	24	6:18:15	135	7:32:52
VP19 - Lichtenra	5.71	56:28	9:53	18	21:22	118	27:09	115.40	17:08:47	8:54	24	6:38:44	135	8:00:01
VP20 - Kirchhain	4.35	57:24	13:11	26	29:44	163	33:06	119.75	18:06:11	9:04	25	7:05:40	134	8:33:07
VP21 - Buckow	6.15	1:37:41	15:53	31	59:22	189	1:02:41	125.90	19:43:52	9:24	24	8:03:04	144	9:35:48
VP22 - Rudow	4.97	fehlt!	-	-	-	-	-	130.87	-	-	-	-	-	-
VP23 - Johannistl	5.89	fehlt!	-	-	-	-	-	136.76	-	-	-	-	-	-
VP24 - Dammwe	5.64	fehlt!	-	-	-	-	-	142.40	-	-	-	-	-	-
VP25 - Eas Side	6.33	fehlt!	-	-	-	-	-	148.73	-	-	-	-	-	-
VP26 - Checkpoir	4.22	fehlt!	-	-	-	-	-	152.95	-	-	-	-	-	-
VP27 - Gedenkst.	4.12	fehlt!	-	-	-	-	-	157.07	-	-	-	-	-	-
Friedrich-Ludwig	4.78	fehlt!	-	-	-	-	-	161.85	-	-	-	-	-	-