



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Rohwedder, Karl

☐☐☐: 26:31:48

☐☐: 100 MC / LG DUV / TEA

☐☐: 6.07 km/h

☐☐: 120

☐☐☐☐: 9:50 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 144 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 128 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 8(of 15)

Senioren M60 (60-64 Jahre)

☐☐☐☐☐☐☐: 22:52:46

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| ☐☐☐                 | ☐☐<br>km | ☐☐<br>☐☐ min/km | ☐☐<br>- | ☐☐<br>- | ☐☐<br>☐ | ☐☐<br>☐ | ☐☐☐<br>km | ☐☐☐<br>☐☐ min/km | ☐☐☐<br>- | ☐☐☐<br>- | ☐☐☐<br>☐ | ☐☐☐<br>☐ |     |          |
|---------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|----------|----------|----------|-----|----------|
| VP1 - S-Bahnhof     | 6.93     | 45:54           | 6:37    | 5       | 4:42    | 138     | 13:38     | 6.93             | 45:54    | 6:37     | 5        | 4:42     | 138 | 13:38    |
| VP2 - Laufftreff Li | 5.70     | 36:13           | 6:21    | 2       | 2:47    | 99      | 10:17     | 12.63            | 1:22:07  | 6:30     | 4        | 7:29     | 121 | 23:55    |
| VP3 - Oranienbur    | 5.47     | 33:34           | 6:08    | 2       | 2:02    | 85      | 9:48      | 18.10            | 1:55:41  | 6:23     | 2        | 9:31     | 106 | 33:42    |
| VP4 - Naturschut    | 4.97     | 36:10           | 7:16    | 5       | 3:16    | 124     | 13:01     | 23.07            | 2:31:51  | 6:34     | 2        | 12:47    | 103 | 46:43    |
| VP5 - Frohnau       | 6.80     | 44:18           | 6:30    | 2       | 4:05    | 97      | 14:00     | 29.87            | 3:16:09  | 6:34     | 2        | 16:52    | 103 | 1:00:37  |
| VP6 - Ruderclub     | 4.06     | 44:27           | 10:56   | 13      | 15:56   | 222     | 25:58     | 33.93            | 4:00:36  | 7:05     | 3        | 32:48    | 145 | 1:26:35  |
| VP7 - Grenzturm     | 4.75     | 1:34:24         | 19:52   | 15      | 1:04:58 | 237     | 1:13:36   | 38.68            | 5:35:00  | 8:39     | 14       | 1:37:46  | 230 | 2:40:11  |
| VP8 - Schönwald     | 7.53     | 58:19           | 7:44    | 5       | 7:55    | 124     | 22:43     | 46.21            | 6:33:19  | 8:30     | 12       | 1:45:41  | 218 | 3:02:54  |
| VP9 - Falkenseer    | 5.69     | 45:47           | 8:02    | 7       | 6:26    | 106     | 18:39     | 51.90            | 7:19:06  | 8:27     | 12       | 1:52:07  | 207 | 3:21:33  |
| VP10 - Karolinenl   | 6.60     | 1:04:00         | 9:41    | 11      | 12:27   | 180     | 33:51     | 58.50            | 8:23:06  | 8:35     | 10       | 2:04:34  | 201 | 3:55:24  |
| VP11 - Pagel & Fi   | 4.90     | 44:50           | 9:08    | 5       | 7:52    | 111     | 22:05     | 63.40            | 9:07:56  | 8:38     | 10       | 2:10:18  | 188 | 4:17:29  |
| VP12 - Schloss S    | 7.62     | 1:18:35         | 10:18   | 9       | 17:00   | 147     | 42:48     | 71.02            | 10:26:31 | 8:49     | 10       | 1:58:04  | 180 | 5:00:17  |
| VP13 - Revierförs   | 6.21     | 56:31           | 9:06    | 8       | 5:20    | 137     | 26:51     | 77.23            | 11:23:02 | 8:50     | 10       | 1:55:41  | 177 | 5:27:08  |
| VP14 - Brauhaus     | 6.00     | 48:11           | 8:01    | 3       | 2:53    | 52      | 18:39     | 83.23            | 12:11:13 | 8:47     | 10       | 1:38:56  | 167 | 5:45:47  |
| VP15 - Gedenkst.    | 6.90     | 1:00:18         | 8:44    | 4       | 8:03    | 97      | 25:35     | 90.13            | 13:11:31 | 8:46     | 10       | 1:42:31  | 159 | 6:11:22  |
| VP16 - Königswe     | 6.87     | 1:01:33         | 8:57    | 2       | 7:54    | 78      | 27:49     | 97.00            | 14:13:04 | 8:47     | 9        | 1:36:45  | 154 | 6:39:11  |
| VP17 - Sportplatz   | 6.20     | 1:19:23         | 12:48   | 11      | 15:22   | 141     | 47:46     | 103.20           | 15:32:27 | 9:02     | 9        | 1:45:06  | 151 | 7:26:57  |
| VP18 - Osdorfer     | 6.49     | 1:08:48         | 10:36   | 10      | 20:30   | 142     | 34:51     | 109.69           | 16:41:15 | 9:07     | 9        | 2:01:58  | 150 | 8:01:48  |
| VP19 - Lichtenra    | 5.71     | 1:01:36         | 10:47   | 8       | 22:22   | 140     | 32:17     | 115.40           | 17:42:51 | 9:12     | 9        | 2:18:07  | 150 | 8:34:05  |
| VP20 - Kirchhain    | 4.35     | 50:50           | 11:41   | 7       | 17:28   | 122     | 26:32     | 119.75           | 18:33:41 | 9:18     | 9        | 2:35:35  | 145 | 9:00:37  |
| VP21 - Buckow       | 6.15     | 1:01:31         | 10:00   | 4       | 6:27    | 85      | 26:31     | 125.90           | 19:35:12 | 9:20     | 8        | 2:25:49  | 139 | 9:27:08  |
| VP22 - Rudow        | 4.97     | 1:02:45         | 12:37   | 12      | 41:22   | 157     | 41:22     | 130.87           | 20:37:57 | 9:27     | 7        | 2:59:48  | 136 | 10:01:14 |
| VP23 - Johannistl   | 5.89     | 1:13:22         | 12:27   | 11      | 20:36   | 142     | 39:41     | 136.76           | 21:51:19 | 9:35     | 7        | 3:08:44  | 132 | 10:40:55 |
| VP24 - Dammwe       | 5.64     | 59:14           | 10:30   | 4       | 10:18   | 92      | 27:33     | 142.40           | 22:50:33 | 9:37     | 7        | 3:00:28  | 127 | 11:08:07 |
| VP25 - Eas Side     | 6.33     | 1:11:04         | 11:13   | 7       | 13:01   | 97      | 33:44     | 148.73           | 24:01:37 | 9:41     | 7        | 3:11:41  | 126 | 11:39:07 |
| VP26 - Checkpoir    | 4.22     | 43:00           | 10:11   | 7       | 6:33    | 92      | 20:07     | 152.95           | 24:44:37 | 9:42     | 7        | 3:18:14  | 126 | 11:58:03 |
| VP27 - Gedenkst.    | 4.12     | 51:58           | 12:36   | 11      | 17:57   | 132     | 27:15     | 157.07           | 25:36:35 | 9:46     | 7        | 3:21:19  | 126 | 12:23:37 |
| Friedrich-Ludwig    | 4.78     | 55:13           | 11:33   | 10      | 26:33   | 151     | 30:50     | 161.85           | 26:31:48 | 9:50     | 8        | 3:39:02  | 128 | 12:51:37 |