



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Dänsel, Mats

☐☐: Team Ultrasweden

☐☐: 197

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Senioren M55 (55-59 Jahre)

☐☐☐: 28:27:33

☐☐: 5.66 km/h

☐☐☐☐: 10:33 min/km

☐☐☐☐☐/☐☐☐☐: 190 (of 296)

☐☐☐☐☐/☐: 162 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐: 15(of 32)

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	55:17	7:58	30	20:04	235	23:01	6.93	55:17	7:58	30	20:04	235	23:01
VP2 - Laufftreff Li	5.70	44:09	7:44	29	13:58	228	18:13	12.63	1:39:26	7:52	29	34:02	233	41:14
VP3 - Oranienbur	5.47	42:16	7:43	28	13:35	217	18:30	18.10	2:21:42	7:49	29	47:37	232	59:43
VP4 - Naturschut	4.97	41:52	8:25	24	13:28	198	18:43	23.07	3:03:34	7:57	29	1:01:05	228	1:18:26
VP5 - Frohnau	6.80	52:24	7:42	21	15:57	198	22:06	29.87	3:55:58	7:53	28	1:17:02	220	1:40:26
VP6 - Ruderclub	4.06	38:26	9:27	19	15:04	191	19:57	33.93	4:34:24	8:05	26	1:32:06	215	2:00:23
VP7 - Grenzturm	4.75	37:45	7:56	19	11:16	177	16:57	38.68	5:12:09	8:04	26	1:43:22	211	2:17:20
VP8 - Schönwald	7.53	1:13:47	9:47	24	31:05	219	38:11	46.21	6:25:56	8:21	25	2:14:27	210	2:55:31
VP9 - Falkenseer	5.69	59:23	10:26	27	25:39	215	32:15	51.90	7:25:19	8:34	25	2:40:06	214	3:27:46
VP10 - Karolinenl	6.60	1:10:06	10:37	21	31:52	208	39:57	58.50	8:35:25	8:48	24	3:11:58	211	4:07:43
VP11 - Pagel & Fi	4.90	56:00	11:25	22	23:34	199	33:15	63.40	9:31:25	9:00	23	3:35:14	209	4:40:58
VP12 - Schloss S	7.62	1:35:57	12:35	25	50:12	207	1:00:10	71.02	11:07:22	9:23	23	4:25:26	209	5:41:08
VP13 - Revierförs	6.21	1:00:06	9:40	18	18:36	174	30:26	77.23	12:07:28	9:25	23	4:44:02	208	6:11:34
VP14 - Brauhaus	6.00	1:00:24	10:03	19	21:12	163	30:52	83.23	13:07:52	9:27	22	5:05:14	204	6:42:26
VP15 - Gedenkst.	6.90	1:06:39	9:39	16	23:29	141	31:56	90.13	14:14:31	9:28	21	5:28:34	194	7:14:22
VP16 - Königswe	6.87	1:20:48	11:45	23	35:51	190	47:04	97.00	15:35:19	9:38	21	6:00:12	190	8:01:26
VP17 - Sportplatz	6.20	1:32:23	14:54	24	49:30	185	1:00:46	103.20	17:07:42	9:57	23	6:47:55	198	9:02:12
VP18 - Osdorfer	6.49	1:03:45	9:49	13	23:46	114	29:48	109.69	18:11:27	9:57	18	7:11:41	180	9:32:00
VP19 - Lichtenrav	5.71	1:04:43	11:20	18	28:04	161	35:24	115.40	19:16:10	10:01	19	7:39:45	180	10:07:24
VP20 - Kirchhain	4.35	53:25	12:16	14	25:17	141	29:07	119.75	20:09:35	10:06	17	8:05:02	175	10:36:31
VP21 - Buckow	6.15	1:11:30	11:37	16	30:31	143	36:30	125.90	21:21:05	10:10	17	8:35:33	174	11:13:01
VP22 - Rudow	4.97	58:36	11:47	13	26:09	127	37:13	130.87	22:19:41	10:14	16	9:01:42	165	11:42:58
VP23 - Johannistl	5.89	1:13:33	12:29	15	35:43	145	39:52	136.76	23:33:14	10:20	16	9:37:25	166	12:22:50
VP24 - Dammwe	5.64	1:02:03	11:00	12	26:02	105	30:22	142.40	24:35:17	10:21	15	10:03:27	160	12:52:51
VP25 - Eas Side	6.33	1:18:08	12:20	14	32:32	135	40:48	148.73	25:53:25	10:26	15	10:35:37	161	13:30:55
VP26 - Checkpoir	4.22	47:58	11:21	15	20:39	129	25:05	152.95	26:41:23	10:28	15	10:43:03	161	13:54:49
VP27 - Gedenkst.	4.12	48:18	11:43	11	16:23	103	23:35	157.07	27:29:41	10:30	15	10:59:26	161	14:16:43
Friedrich-Ludwig	4.78	57:52	12:06	18	30:19	160	33:29	161.85	28:27:33	10:33	15	11:28:02	162	14:47:22