



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Nurkka, Esa

☐☐: Ultra Running Team Endurance

☐☐: 299

☐☐: 161.85 km
100MeilenBerlin

☐☐☐☐:
Senioren M55 (55-59 Jahre)

☐☐☐☐☐/☐☐☐☐: DNF (of 296)

☐☐☐☐☐/☐☐: DNF (of 247)

☐☐☐☐☐☐☐: 13:40:11

☐☐☐☐☐☐: DNF(of 32)

☐☐☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	38:24	5:32	4	3:11	35	6:08	6.93	38:24	5:32	4	3:11	35	6:08
VP2 - Laufftreff Li	5.70	34:30	6:03	8	4:19	80	8:34	12.63	1:12:54	5:46	5	7:30	48	14:42
VP3 - Oranienbur	5.47	32:37	5:57	8	3:56	73	8:51	18.10	1:45:31	5:49	5	11:26	51	23:32
VP4 - Naturschut	4.97	30:11	6:04	3	1:47	31	7:02	23.07	2:15:42	5:52	4	13:13	42	30:34
VP5 - Frohnau	6.80	38:40	5:41	2	2:13	25	8:22	29.87	2:54:22	5:50	4	15:26	40	38:50
VP6 - Ruderclub	4.06	31:26	7:44	11	8:04	109	12:57	33.93	3:25:48	6:03	4	23:30	51	51:47
VP7 - Grenzturm	4.75	26:56	5:40	2	0:27	17	6:08	38.68	3:52:44	6:01	3	23:57	46	57:55
VP8 - Schönwald	7.53	44:15	5:52	2	1:33	17	8:39	46.21	4:36:59	5:59	2	25:30	32	1:06:34
VP9 - Falkenseer	5.69	37:19	6:33	4	3:35	35	10:11	51.90	5:14:18	6:03	2	29:05	29	1:16:45
VP10 - Karolinenl	6.60	42:34	6:26	2	4:20	22	12:25	58.50	5:56:52	6:06	2	33:25	28	1:29:10
VP11 - Pagel & Fi	4.90	32:26	6:37	1	-	20	9:41	63.40	6:29:18	6:08	2	33:07	26	1:38:51
VP12 - Schloss S	7.62	55:08	7:14	4	9:23	26	19:21	71.02	7:24:26	6:15	2	42:30	26	1:58:12
VP13 - Revierförs	6.21	44:12	7:07	4	2:42	22	14:32	77.23	8:08:38	6:19	2	45:12	25	2:12:44
VP14 - Brauhaus	6.00	46:26	7:44	5	7:14	39	16:54	83.23	8:55:04	6:25	2	52:26	24	2:29:38
VP15 - Gedenkst.	6.90	51:37	7:28	4	8:27	38	16:54	90.13	9:46:41	6:30	2	1:00:44	23	2:46:32
VP16 - Königswe	6.87	51:16	7:27	3	6:19	20	17:32	97.00	10:37:57	6:34	3	1:02:50	22	3:04:04
VP17 - Sportplatz	6.20	1:17:39	12:31	15	34:46	133	46:02	103.20	11:55:36	6:56	3	1:35:49	32	3:50:06
VP18 - Osdorfer	6.49	1:00:27	9:18	11	20:28	98	26:30	109.69	12:56:03	7:04	4	1:56:17	34	4:16:36
VP19 - Lichtenra	5.71	52:08	9:07	8	15:29	86	22:49	115.40	13:48:11	7:10	5	2:11:46	38	4:39:25
VP20 - Kirchhain	4.35	38:09	8:46	5	10:01	38	13:51	119.75	14:26:20	7:14	5	2:21:47	36	4:53:16
VP21 - Buckow	6.15	58:47	9:33	8	17:48	71	23:47	125.90	15:25:07	7:20	5	2:39:35	36	5:17:03
VP22 - Rudow	4.97	1:11:53	14:27	20	39:26	177	50:30	130.87	16:37:00	7:37	5	3:19:01	43	6:00:17
VP23 - Johannistl	5.89	1:27:27	14:50	20	49:37	176	53:46	136.76	18:04:27	7:55	7	4:08:38	55	6:54:03
VP24 - Dammwe	5.64	8:55:15	94:54	20	8:19:14	184	8:23:34	142.40	26:59:42	11:22	20	12:27:52	183	15:17:16
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	-	-	-	-	-	-