



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Heyer, Hermann

☐☐☐: 30:58:20

☐☐: Mirkos Running-Team

☐☐: 5.20 km/h

☐☐: 43

☐☐☐☐: 11:29 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 214 (of 296)

100MeilenBerlin

☐☐☐☐☐/☐: 180 (of 247)

☐☐☐☐☐☐: 13:40:11

☐☐☐☐:

☐☐☐☐☐: 19(of 32)

Senioren M55 (55-59 Jahre)

☐☐☐☐☐☐☐: 16:59:31

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐	☐☐☐ ☐		
VP1 - S-Bahnhof	6.93	54:22	7:50	29	19:09	233	22:06	6.93	54:22	7:50	29	19:09	233	22:06
VP2 - Laufftreff Li	5.70	46:01	8:04	30	15:50	234	20:05	12.63	1:40:23	7:56	30	34:59	234	42:11
VP3 - Oranienbur	5.47	42:42	7:48	29	14:01	221	18:56	18.10	2:23:05	7:54	30	49:00	233	1:01:06
VP4 - Naturschut	4.97	41:12	8:17	22	12:48	191	18:03	23.07	3:04:17	7:59	30	1:01:48	231	1:19:09
VP5 - Frohnau	6.80	58:50	8:39	29	22:23	226	28:32	29.87	4:03:07	8:08	30	1:24:11	229	1:47:35
VP6 - Ruderclub	4.06	42:45	10:31	23	19:23	213	24:16	33.93	4:45:52	8:25	28	1:43:34	227	2:11:51
VP7 - Grenzturm	4.75	44:55	9:27	27	18:26	223	24:07	38.68	5:30:47	8:33	28	2:02:00	227	2:35:58
VP8 - Schönwald	7.53	1:15:51	10:04	27	33:09	223	40:15	46.21	6:46:38	8:47	28	2:35:09	230	3:16:13
VP9 - Falkenseer	5.69	55:42	9:47	21	21:58	195	28:34	51.90	7:42:20	8:54	27	2:57:07	225	3:44:47
VP10 - Karolinenl	6.60	1:21:46	12:23	26	43:32	228	51:37	58.50	9:04:06	9:18	25	3:40:39	226	4:36:24
VP11 - Pagel & Fi	4.90	49:24	10:04	19	16:58	155	26:39	63.40	9:53:30	9:21	25	3:57:19	220	5:03:03
VP12 - Schloss S	7.62	1:37:50	12:50	26	52:05	210	1:02:03	71.02	11:31:20	9:44	24	4:49:24	218	6:05:06
VP13 - Revierförs	6.21	1:43:26	16:39	26	1:01:56	221	1:13:46	77.23	13:14:46	10:17	25	5:51:20	221	7:18:52
VP14 - Brauhaus	6.00	56:24	9:24	17	17:12	144	26:52	83.23	14:11:10	10:13	24	6:08:32	218	7:45:44
VP15 - Gedenkst.	6.90	1:15:18	10:54	20	32:08	181	40:35	90.13	15:26:28	10:16	24	6:40:31	215	8:26:19
VP16 - Königswe	6.87	1:13:02	10:37	17	28:05	159	39:18	97.00	16:39:30	10:18	24	7:04:23	209	9:05:37
VP17 - Sportplatz	6.20	1:48:27	17:29	26	1:05:34	204	1:16:50	103.20	18:27:57	10:44	26	8:08:10	211	10:22:27
VP18 - Osdorfer	6.49	1:08:32	10:33	15	28:33	138	34:35	109.69	19:36:29	10:43	22	8:36:43	199	10:57:02
VP19 - Lichtenra	5.71	1:10:37	12:22	22	33:58	184	41:18	115.40	20:47:06	10:48	23	9:10:41	197	11:38:20
VP20 - Kirchhain	4.35	58:53	13:32	20	30:45	170	34:35	119.75	21:45:59	10:54	22	9:41:26	193	12:12:55
VP21 - Buckow	6.15	1:14:11	12:03	17	33:12	151	39:11	125.90	23:00:10	10:57	22	10:14:38	194	12:52:06
VP22 - Rudow	4.97	1:03:30	12:46	19	31:03	159	42:07	130.87	24:03:40	11:01	21	10:45:41	187	13:26:57
VP23 - Johannistl	5.89	1:19:50	13:33	18	42:00	166	46:09	136.76	25:23:30	11:08	20	11:27:41	183	14:13:06
VP24 - Dammwe	5.64	1:02:27	11:04	13	26:26	106	30:46	142.40	26:25:57	11:08	19	11:54:07	181	14:43:31
VP25 - Eas Side	6.33	1:14:56	11:50	12	29:20	118	37:36	148.73	27:40:53	11:10	19	12:23:05	180	15:18:23
VP26 - Checkpoir	4.22	52:01	12:19	18	24:42	154	29:08	152.95	28:32:54	11:11	19	12:34:34	180	15:46:20
VP27 - Gedenkst.	4.12	1:04:26	15:38	19	32:31	171	39:43	157.07	29:37:20	11:18	19	13:07:05	180	16:24:22
Friedrich-Ludwig	4.78	1:21:00	16:56	19	53:27	180	56:37	161.85	30:58:20	11:28	19	13:58:49	180	17:18:09