



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Hotz, Ursula

☐☐: SSC Langnau/Belvoir Ruderclub Zürich

☐☐: 202

☐☐: 161.85 km

100MeilenBerlin

☐☐☐☐:

Seniorinnen W50 (50-54 Jahre)

☐☐☐: 19:29:40

☐☐: 8.26 km/h

☐☐☐☐: 7:14 min/km

☐☐☐☐☐/☐☐☐☐: 21 (of 296)

☐☐☐☐☐/☐: 2 (of 49)

☐☐☐☐☐☐: 15:57:39

☐☐☐☐☐: 1(of 7)

☐☐☐☐☐☐☐: 19:29:40

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
VP1 - S-Bahnhof	6.93	40:24	5:49	2	1:53	4	2:15	6.93	40:24	5:49	2	1:53	4	2:15
VP2 - Lauftreff Li	5.70	33:18	5:50	2	1:14	4	1:14	12.63	1:13:42	5:50	2	3:07	3	3:07
VP3 - Oranienbur	5.47	31:10	5:41	2	1:29	4	1:53	18.10	1:44:52	5:47	2	4:36	3	4:49
VP4 - Naturschut	4.97	30:54	6:13	2	1:38	5	2:46	23.07	2:15:46	5:53	2	6:14	4	7:35
VP5 - Frohnau	6.80	40:46	5:59	2	2:49	4	4:03	29.87	2:56:32	5:54	2	9:03	4	11:38
VP6 - Ruderclub	4.06	25:33	6:17	1	-	2	3:33	33.93	3:22:05	5:57	2	6:18	3	15:11
VP7 - Grenzturm	4.75	29:49	6:16	2	1:21	5	4:10	38.68	3:51:54	5:59	2	7:39	3	19:21
VP8 - Schönwald	7.53	48:01	6:22	1	-	2	6:25	46.21	4:39:55	6:03	2	6:14	3	25:46
VP9 - Falkenseer	5.69	36:32	6:25	1	-	3	4:35	51.90	5:16:27	6:05	1	-	2	30:21
VP10 - Karolinenl	6.60	43:33	6:35	1	-	3	6:18	58.50	6:00:00	6:09	1	-	2	36:39
VP11 - Pagel & Fi	4.90	34:11	6:58	2	0:15	4	6:23	63.40	6:34:11	6:13	1	-	2	43:02
VP12 - Schloss S	7.62	53:56	7:04	1	-	2	10:10	71.02	7:28:07	6:18	1	-	2	53:12
VP13 - Revierförs	6.21	46:00	7:24	2	4:24	4	9:17	77.23	8:14:07	6:23	1	-	2	1:02:29
VP14 - Brauhaus	6.00	42:57	7:09	2	3:25	4	5:37	83.23	8:57:04	6:27	1	-	2	1:08:06
VP15 - Gedenkst.	6.90	47:58	6:57	1	-	3	9:23	90.13	9:45:02	6:29	1	-	2	1:17:29
VP16 - Königswe	6.87	50:18	7:19	1	-	3	8:43	97.00	10:35:20	6:32	1	-	3	1:26:12
VP17 - Sportplatz	6.20	45:28	7:19	1	-	4	10:29	103.20	11:20:48	6:35	1	-	2	1:36:41
VP18 - Osdorfer	6.49	50:00	7:42	3	4:45	6	10:32	109.69	12:10:48	6:39	1	-	2	1:39:44
VP19 - Lichtenrav	5.71	43:57	7:41	2	3:51	5	7:52	115.40	12:54:45	6:42	1	-	2	1:47:36
VP20 - Kirchhain	4.35	34:18	7:53	1	-	3	7:25	119.75	13:29:03	6:45	1	-	2	1:55:01
VP21 - Buckow	6.15	49:45	8:05	1	-	5	13:09	125.90	14:18:48	6:49	1	-	3	2:08:10
VP22 - Rudow	4.97	43:13	8:41	1	-	5	11:04	130.87	15:02:01	6:53	1	-	2	2:19:14
VP23 - Johannistl	5.89	50:12	8:31	3	9:23	5	12:41	136.76	15:52:13	6:57	1	-	2	2:31:55
VP24 - Dammwe	5.64	46:19	8:12	2	0:03	3	10:43	142.40	16:38:32	7:00	1	-	2	2:42:38
VP25 - Eas Side	6.33	56:55	8:59	1	-	2	16:49	148.73	17:35:27	7:05	1	-	2	2:59:27
VP26 - Checkpoir	4.22	34:50	8:15	1	-	4	8:41	152.95	18:10:17	7:07	1	-	2	3:08:08
VP27 - Gedenkst.	4.12	39:35	9:36	2	3:02	8	12:03	157.07	18:49:52	7:11	1	-	2	3:20:11
Friedrich-Ludwig	4.78	39:48	8:19	2	3:16	8	11:50	161.85	19:29:40	7:13	1	-	2	3:32:01