



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

□□□□

ROUCKA, Armin

□□: Team Klinikum Nürnberg

□□: 131

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:25:41

□□: 6.87 km/h

□□□□: 8:41 min/km

□□□□□/□□□□: 223 (of 459)

□□□□□/□: 133 (of 302)

□□□□□□: 13:39:56

□□□□□: 27(of 58)

□□□□□□□: 15:32:56

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	37:21	5:22	6	3:55	27	6:20	6.94	37:21	5:22	6	3:55	27	6:20
VP2 - Laufftreff Li	5.69	31:33	5:32	5	3:52	27	7:28	12.63	1:08:54	5:27	6	7:47	28	13:48
VP3 - Oranienbur	5.74	30:57	5:23	8	3:48	41	6:51	18.37	1:39:51	5:26	6	11:35	30	20:39
VP4 - Naturschut	4.70	30:22	6:27	13	5:00	64	7:56	23.07	2:10:13	5:38	7	16:35	35	28:35
VP5 - Frohnau	6.80	40:03	5:53	12	6:15	58	11:08	29.87	2:50:16	5:42	8	22:50	37	39:43
VP6 - Ruderclub	4.06	24:51	6:07	8	3:27	37	6:44	33.93	3:15:07	5:45	8	25:33	38	46:24
VP7 - Grenzturm	4.75	29:24	6:11	13	5:16	60	7:41	38.68	3:44:31	5:48	8	30:30	38	54:05
VP8 - Schönwald	7.52	48:32	6:27	15	9:21	80	12:42	46.20	4:33:03	5:54	8	36:01	41	1:06:23
VP9 - Falkenseer	5.76	41:55	7:16	17	10:32	91	13:35	51.96	5:14:58	6:03	9	46:21	47	1:19:30
VP10 - Karolinenl	6.54	47:26	7:15	21	12:45	95	15:14	58.50	6:02:24	6:11	12	56:44	57	1:34:44
VP11 - Pagel & Fi	4.90	35:32	7:15	18	8:36	87	12:29	63.40	6:37:56	6:16	13	1:03:22	58	1:47:13
VP12 - Schloss S	7.62	59:25	7:47	18	18:22	86	22:32	71.02	7:37:21	6:26	12	1:18:56	59	2:09:45
VP13 - Revierförs	6.21	51:19	8:15	32	16:03	143	22:29	77.23	8:28:40	6:35	15	1:34:41	65	2:32:14
VP14 - Brauhaus	6.00	51:02	8:30	37	18:42	171	22:29	83.23	9:19:42	6:43	17	1:48:48	75	2:54:43
VP15 - Gedenkst.	6.90	1:03:44	9:14	45	25:26	200	30:49	90.13	10:23:26	6:55	17	2:13:51	80	3:25:32
VP16 - Königswe	6.87	1:10:43	10:17	40	27:16	172	35:58	97.00	11:34:09	7:09	17	2:39:52	90	4:01:30
VP17 - Sportplatz	6.20	1:15:09	12:07	32	37:18	150	41:24	103.20	12:49:18	7:27	20	3:17:10	105	4:42:54
VP18 - Osdorfer	6.50	1:02:33	9:37	36	24:40	151	28:06	109.70	13:51:51	7:34	21	3:41:50	104	5:08:43
VP19 - Lichtenra	5.70	1:06:04	11:35	38	26:39	173	31:54	115.40	14:57:55	7:46	25	4:08:29	112	5:38:50
VP20 - Kirchhain	4.37	41:21	9:27	35	17:33	151	22:31	119.77	15:39:16	7:50	24	4:26:02	115	6:01:21
VP21 - Buckow	6.43	1:03:00	9:47	34	26:33	147	29:24	126.20	16:42:16	7:56	25	4:52:35	120	6:30:45
VP22 - Rudow	4.90	52:10	10:38	33	22:07	150	26:11	131.10	17:34:26	8:02	25	5:14:42	121	6:56:56
VP23 - Johannistl	5.90	1:05:58	11:10	37	30:36	154	34:23	137.00	18:40:24	8:10	25	5:45:18	119	7:31:19
VP24 - Dammwe	5.70	59:44	10:28	28	24:46	127	28:33	142.70	19:40:08	8:16	26	6:10:04	120	7:59:23
VP25 - East Side	5.80	1:10:37	12:10	31	30:59	136	33:40	148.50	20:50:45	8:25	26	6:41:03	121	8:30:32
VP26 - Checkpoir	5.28	52:44	9:59	43	27:52	188	31:11	153.78	21:43:29	8:28	27	7:08:55	129	8:59:13
VP27 - Gedenkst.	3.32	53:37	16:08	37	27:07	169	29:00	157.10	22:37:06	8:38	27	7:36:02	131	9:26:03
Friedrich-Ludwig	4.60	48:35	10:33	33	20:50	137	24:23	161.70	23:25:41	8:41	27	7:52:45	133	9:45:45