



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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SCHÜRMAN, Rolf-Bernd

□□□: 21:51:30

□□: WAT LÄUFT der geile Laufladen

□□: 7.37 km/h

□□: 134

□□□□: 8:07 min/km

□□: 161.70 km

□□□□□/□□□: 167 (of 459)

100MeilenBerlin

□□□□□/□: 90 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 33(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	44:47	6:27	44	11:23	126	13:46	6.94	44:47	6:27	44	11:23	126	13:46
VP2 - Laufftreff Li	5.69	36:38	6:26	36	9:23	106	12:33	12.63	1:21:25	6:26	41	20:46	122	26:19
VP3 - Oranienbur	5.74	34:28	6:00	37	8:39	103	10:22	18.37	1:55:53	6:18	40	29:25	115	36:41
VP4 - Naturschut	4.70	32:20	6:52	32	7:13	101	9:54	23.07	2:28:13	6:25	36	36:38	105	46:35
VP5 - Frohnau	6.80	42:48	6:17	36	9:34	102	13:53	29.87	3:11:01	6:23	33	45:13	104	1:00:28
VP6 - Ruderclub	4.06	28:48	7:05	31	7:19	96	10:41	33.93	3:39:49	6:28	35	52:32	102	1:11:06
VP7 - Grenzturm	4.75	32:51	6:54	44	8:47	130	11:08	38.68	4:12:40	6:31	34	1:01:19	102	1:22:14
VP8 - Schönwald	7.52	49:34	6:35	33	10:07	95	13:44	46.20	5:02:14	6:32	34	1:10:34	100	1:35:34
VP9 - Falkenseer	5.76	46:52	8:08	50	14:28	153	18:32	51.96	5:49:06	6:43	35	1:24:57	104	1:53:38
VP10 - Karolinenl	6.54	50:16	7:41	41	15:12	127	18:04	58.50	6:39:22	6:49	38	1:39:12	109	2:11:42
VP11 - Pagel & Fi	4.90	38:21	7:49	44	10:27	129	15:18	63.40	7:17:43	6:54	38	1:49:39	111	2:27:00
VP12 - Schloss Si	7.62	1:03:34	8:20	38	20:03	115	26:41	71.02	8:21:17	7:03	37	2:06:17	109	2:53:41
VP13 - Revierförs	6.21	48:26	7:47	41	12:41	115	19:36	77.23	9:09:43	7:07	38	2:16:43	109	3:13:17
VP14 - Brauhaus	6.00	47:51	7:58	45	14:50	130	19:18	83.23	9:57:34	7:10	39	2:30:29	108	3:32:35
VP15 - Gedenkst.	6.90	50:52	7:22	35	11:18	97	17:57	90.13	10:48:26	7:11	39	2:41:17	107	3:50:32
VP16 - Königswe	6.87	56:02	8:09	23	14:23	72	21:17	97.00	11:44:28	7:15	38	2:51:58	104	4:11:49
VP17 - Sportplatz	6.20	-	-	69		239		103.20	11:44:28	6:49	24	2:09:19	65	3:38:04
VP18 - Osdorfer	6.50	1:49:50	16:53	65	1:12:01	224	1:15:23	109.70	13:34:18	7:25	33	3:16:14	94	4:51:10
VP19 - Lichtenra	5.70	53:22	9:21	39	15:28	97	19:12	115.40	14:27:40	7:31	32	3:26:33	89	5:08:35
VP20 - Kirchhain	4.37	31:29	7:12	16	9:38	53	12:39	119.77	14:59:09	7:30	32	3:35:02	90	5:21:14
VP21 - Buckow	6.43	51:41	8:02	21	16:37	66	18:05	126.20	15:50:50	7:32	31	3:49:03	86	5:39:19
VP22 - Rudow	4.90	50:24	10:17	47	20:11	141	24:25	131.10	16:41:14	7:38	31	4:09:14	89	6:03:44
VP23 - Johannistl	5.90	54:01	9:09	26	18:59	78	22:26	137.00	17:35:15	7:42	30	4:28:13	86	6:26:10
VP24 - Dammwe	5.70	51:36	9:03	22	17:20	65	20:25	142.70	18:26:51	7:45	31	4:45:33	83	6:46:06
VP25 - East Side	5.80	1:02:11	10:43	30	21:40	89	25:14	148.50	19:29:02	7:52	31	5:07:13	83	7:08:49
VP26 - Checkpoir	5.28	43:35	8:15	37	18:32	125	22:02	153.78	20:12:37	7:53	31	5:25:45	84	7:28:21
VP27 - Gedenkst.	3.32	49:52	15:01	42	22:24	147	25:15	157.10	21:02:29	8:02	31	5:44:08	85	7:51:26
Friedrich-Ludwig	4.60	49:01	10:39	43	19:32	141	24:49	161.70	21:51:30	8:06	33	6:03:36	90	8:11:34