



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

□□□□

LANDWEHR, Matthias

□□: LG Mauerweg / LC Solbad Ravens

□□: 147

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 21:33:16

□□: 7.50 km/h

□□□□: 8:00 min/km

□□□□□/□□□: 151 (of 459)

□□□□□/□: 75 (of 302)

□□□□□□: 13:39:56

□□□□□: 27(of 85)

□□□□□□□: 15:47:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	49:38	7:09	68	16:14	215	18:37	6.94	49:38	7:09	68	16:14	215	18:37	
VP2 - Lauftreff Li	5.69	42:13	7:25	68	14:58	214	18:08	12.63	1:31:51	7:16	66	31:12	209	36:45	
VP3 - Oranienbur	5.74	39:49	6:56	65	14:00	202	15:43	18.37	2:11:40	7:10	66	45:12	206	52:28	
VP4 - Naturschut	4.70	38:53	8:16	68	13:46	212	16:27	23.07	2:50:33	7:23	66	58:58	209	1:08:55	
VP5 - Frohnau	6.80	39:55	5:52	16	6:41	55	11:00	29.87	3:30:28	7:02	61	1:04:40	178	1:19:55	
VP6 - Ruderclub	4.06	26:45	6:35	17	5:16	57	8:38	33.93	3:57:13	6:59	54	1:09:56	153	1:28:30	
VP7 - Grenzturm	4.75	28:56	6:05	15	4:52	53	7:13	38.68	4:26:09	6:52	51	1:14:48	145	1:35:43	
VP8 - Schönwald	7.52	45:52	6:05	15	6:25	52	10:02	46.20	5:12:01	6:45	46	1:20:21	129	1:45:21	
VP9 - Falkenseer	5.76	36:57	6:24	14	4:33	47	8:37	51.96	5:48:58	6:42	34	1:24:49	102	1:53:30	
VP10 - Karolinenl	6.54	42:47	6:32	12	7:43	46	10:35	58.50	6:31:45	6:41	34	1:31:35	99	2:04:05	
VP11 - Pagel & Fi	4.90	32:33	6:38	14	4:39	50	9:30	63.40	7:04:18	6:41	31	1:36:14	91	2:13:35	
VP12 - Schloss S	7.62	50:13	6:35	11	6:42	36	13:20	71.02	7:54:31	6:40	26	1:39:31	79	2:26:55	
VP13 - Revierförs	6.21	43:24	6:59	21	7:39	58	14:34	77.23	8:37:55	6:42	26	1:44:55	77	2:41:29	
VP14 - Brauhaus	6.00	41:48	6:57	26	8:47	75	13:15	83.23	9:19:43	6:43	27	1:52:38	76	2:54:44	
VP15 - Gedenkst	6.90	52:53	7:39	40	13:19	113	19:58	90.13	10:12:36	6:47	28	2:05:27	77	3:14:42	
VP16 - Königswe	6.87	54:41	7:57	21	13:02	62	19:56	97.00	11:07:17	6:52	28	2:14:47	76	3:34:38	
VP17 - Sportplatz	6.20	45:47	7:23	7	8:00	23	12:02	103.20	11:53:04	6:54	27	2:17:55	74	3:46:40	
VP18 - Osdorfer	6.50	53:52	8:17	28	16:03	91	19:25	109.70	12:46:56	6:59	24	2:28:52	69	4:03:48	
VP19 - Lichtenrai	5.70	49:50	8:44	20	11:56	65	15:40	115.40	13:36:46	7:04	24	2:35:39	67	4:17:41	
VP20 - Kirchhain	4.37	36:46	8:24	35	14:55	105	17:56	119.77	14:13:32	7:07	24	2:49:25	65	4:35:37	
VP21 - Buckow	6.43	57:50	8:59	35	22:46	115	24:14	126.20	15:11:22	7:13	25	3:09:35	69	4:59:51	
VP22 - Rudow	4.90	44:58	9:10	33	14:45	89	18:59	131.10	15:56:20	7:17	25	3:24:20	69	5:18:50	
VP23 - Johannistl	5.90	1:12:08	12:13	52	37:06	175	40:33	137.00	17:08:28	7:30	28	4:01:26	79	5:59:23	
VP24 - Dammwe	5.70	51:08	8:58	21	16:52	60	19:57	142.70	17:59:36	7:33	28	4:18:18	74	6:18:51	
VP25 - East Side	5.80	1:07:29	11:38	37	26:58	119	30:32	148.50	19:07:05	7:43	27	4:45:16	75	6:46:52	
VP26 - Checkpoir	5.28	48:22	9:09	47	23:19	161	26:49	153.78	19:55:27	7:46	30	5:08:35	78	7:11:11	
VP27 - Gedenkst	3.32	50:40	15:15	43	23:12	152	26:03	157.10	20:46:07	7:55	28	5:27:46	76	7:35:04	
Friedrich-Ludwig	4.60	47:09	10:15	37	17:40	124	22:57	161.70	21:33:16	7:59	27	5:45:22	75	7:53:20	