



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Die Meilenfresser

☐☐: Die Meilenfresser

☐☐: 4031

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 19:35:28

☐☐: 8.22 km/h

☐☐☐☐: 7:16 min/km

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☐☐☐☐☐☐: 13:11:09

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