



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Die Lebensmitteltechnologengrew

☐☐☐: 19:35:30

☐☐: Die Lebensmitteltechnologengrew

☐☐: 8.22 km/h

☐☐: 4033

☐☐☐☐: 7:16 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 25 (of 34)

100MeilenBerlin 4er-Staffel

☐☐☐☐☐/☐☐☐☐: 25 (of 34)

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☐☐☐☐☐: 25(of 34)

4er Staffel

☐☐☐☐☐☐☐: 13:11:09

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