



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Mauerweg-Steinläuse

☐☐: Mauerweg-Steinläuse

☐☐: 4016

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 19:43:00

☐☐: 8.17 km/h

☐☐☐☐: 7:19 min/km

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	
VP1 - S-Bahnhof	6.93	55:49	8:03	33	28:48	33	28:48	6.93	55:49	8:03	33	28:48	33	28:48
VP2 - Laufftreff Li	5.70	42:14	7:24	32	18:18	32	18:18	12.63	1:38:03	7:45	32	47:06	32	47:06
VP3 - Oranienbur	5.47	34:19	6:16	25	11:25	25	11:25	18.10	2:12:22	7:18	32	57:39	32	57:39
VP4 - Naturschut	4.97	38:55	7:49	29	17:21	29	17:21	23.07	2:51:17	7:25	31	1:15:00	31	1:15:00
VP5 - Frohnau	6.80	45:42	6:43	21	16:03	21	16:03	29.87	3:36:59	7:15	29	1:29:22	29	1:29:22
VP6 - Ruderclub	4.06	27:13	6:42	16	8:59	16	8:59	33.93	4:04:12	7:11	28	1:38:21	28	1:38:21
VP7 - Grenzturm	4.75	30:03	6:19	20	10:11	20	10:11	38.68	4:34:15	7:05	27	1:47:44	27	1:47:44
VP8 - Schönwald	7.53	49:03	6:30	17	15:38	17	15:38	46.21	5:23:18	6:59	27	2:02:46	27	2:02:46
VP9 - Falkenseer	5.69	38:49	6:49	18	13:28	18	13:28	51.90	6:02:07	6:58	27	2:14:43	27	2:14:43
VP10 - Karolinenl	6.60	54:17	8:13	22	23:38	22	23:38	58.50	6:56:24	7:07	28	2:38:21	28	2:38:21
VP11 - Pagel & Fi	4.90	33:28	6:49	12	10:31	12	10:31	63.40	7:29:52	7:05	25	2:48:52	25	2:48:52
VP12 - Schloss S	7.62	49:04	6:26	12	13:59	12	13:59	71.02	8:18:56	7:01	23	2:59:55	23	2:59:55
VP13 - Revierförs	6.21	46:48	7:32	32	19:49	32	19:49	77.23	9:05:44	7:03	24	3:19:44	24	3:19:44
VP14 - Brauhaus	6.00	46:59	7:49	32	19:22	32	19:22	83.23	9:52:43	7:07	27	3:39:06	27	3:39:06
VP15 - Gedenkst.	6.90	57:27	8:19	33	22:53	33	22:53	90.13	10:50:10	7:12	28	4:01:59	28	4:01:59
VP16 - Königswe	6.87	1:07:29	9:49	31	30:03	31	30:03	97.00	11:57:39	7:23	28	4:30:41	28	4:30:41
VP17 - Sportplatz	6.20	59:40	9:37	34	25:13	34	25:13	103.20	12:57:19	7:31	29	4:55:36	29	4:55:36
VP18 - Osdorfer	6.49	38:51	5:59	19	9:21	19	9:21	109.69	13:36:10	7:26	28	5:01:22	28	5:01:22
VP19 - Lichtenra	5.71	36:19	6:21	23	10:06	23	10:06	115.40	14:12:29	7:23	28	5:08:30	28	5:08:30
VP20 - Kirchhain	4.35	28:29	6:32	20	8:03	20	8:03	119.75	14:40:58	7:21	28	5:15:10	28	5:15:10
VP21 - Buckow	6.15	36:24	5:55	16	8:21	16	8:21	125.90	15:17:22	7:17	28	5:20:20	28	5:20:20
VP22 - Rudow	4.97	33:03	6:38	13	9:56	13	9:56	130.87	15:50:25	7:15	28	5:26:32	28	5:26:32
VP23 - Johannistl	5.89	39:55	6:46	13	9:43	13	9:43	136.76	16:30:20	7:14	28	5:34:45	28	5:34:45
VP24 - Dammwe	5.64	40:13	7:07	12	10:42	12	10:42	142.40	17:10:33	7:14	28	5:45:27	28	5:45:27
VP25 - Eas Side	6.33	49:15	7:46	15	15:19	15	15:19	148.73	17:59:48	7:15	27	6:00:02	27	6:00:02
VP26 - Checkpoir	4.22	31:21	7:25	14	9:49	14	9:49	152.95	18:31:09	7:15	27	6:09:37	27	6:09:37
VP27 - Gedenkst.	4.12	36:00	8:44	18	11:24	18	11:24	157.07	19:07:09	7:18	27	6:19:46	27	6:19:46
Friedrich-Ludwig	4.78	35:51	7:30	22	12:05	22	12:05	161.85	19:43:00	7:18	26	6:31:51	26	6:31:51