



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

RBB-Laufbewegung Cottbus II

☐☐☐: 19:44:55

☐☐: RBB-Laufbewegung Cottbus II

☐☐: 8.20 km/h

☐☐: 4002

☐☐☐☐: 7:19 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 27 (of 34)

100MeilenBerlin 4er-Staffel

☐☐☐☐☐/☐☐☐☐: 27 (of 34)

☐☐☐☐☐☐: 13:11:09

☐☐☐☐:

☐☐☐☐☐: 27(of 34)

4er Staffel

☐☐☐☐☐☐☐: 13:11:09

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