



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Grenzläufer

☐☐: Grenzläufer

☐☐: 1001

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 20:10:42

☐☐: 7.98 km/h

☐☐☐☐: 7:29 min/km

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