



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Horizontläufer

☐☐: Horizontläufer

☐☐: 4028

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 20:17:38

☐☐: 7.93 km/h

☐☐☐☐: 7:31 min/km

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☐☐☐☐☐☐: 13:11:09

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