



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

crazyfamily

☐☐: crazyfamily

☐☐: 4019

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 20:19:24

☐☐: 7.92 km/h

☐☐☐☐: 7:32 min/km

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☐☐☐☐☐☐: 13:11:09

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