



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Inklusionsstaffel SCL 2

☐☐: Inklusionsstaffel SCL 2

☐☐: 1004

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 20:52:47

☐☐: 7.75 km/h

☐☐☐☐: 7:44 min/km

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