



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Stars & Sternchen

☐☐: Stars & Sternchen

☐☐: 4008

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 21:19:17

☐☐: 7.55 km/h

☐☐☐☐: 7:54 min/km

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☐☐☐☐☐☐: 13:11:09

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