



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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4 Mauerblümchen

☐☐: 4 Mauerblümchen

☐☐: 4015

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 21:23:48

☐☐: 7.56 km/h

☐☐☐☐: 7:56 min/km

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