



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Schleichende Hallunken

☐☐: Schleichende Hallunken

☐☐: 4032

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 13:11:09

☐☐: 12.21 km/h

☐☐☐☐: 4:53 min/km

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐☐ km	☐☐☐☐ ☐☐ min/km	☐☐☐☐ -	☐☐☐☐ -	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	
VP1 - S-Bahnhof	6.93	28:44	4:08	2	1:43	2	6.93	28:44	4:08	2	1:43	2	1:43
VP2 - Laufftreff Li	5.70	24:02	4:12	3	0:06	3	12.63	52:46	4:10	2	1:49	2	1:49
VP3 - Oranienbur	5.47	22:56	4:11	2	0:02	2	18.10	1:15:42	4:10	3	0:59	3	0:59
VP4 - Naturschut	4.97	22:16	4:28	2	0:42	2	23.07	1:37:58	4:14	2	1:41	2	1:41
VP5 - Frohnau	6.80	29:39	4:21	1	-	1	29.87	2:07:37	4:16	1	-	1	-
VP6 - Ruderclub	4.06	18:14	4:29	1	-	1	33.93	2:25:51	4:17	1	-	1	-
VP7 - Grenzturm	4.75	20:40	4:21	2	0:48	2	38.68	2:46:31	4:18	1	-	1	-
VP8 - Schönwald	7.53	34:01	4:31	3	0:36	3	46.21	3:20:32	4:20	1	-	1	-
VP9 - Falkenseer	5.69	26:52	4:43	4	1:31	4	51.90	3:47:24	4:22	1	-	1	-
VP10 - Karolinenl	6.60	30:39	4:38	1	-	1	58.50	4:18:03	4:24	1	-	1	-
VP11 - Pagel & Fi	4.90	22:57	4:41	1	-	1	63.40	4:41:00	4:25	1	-	1	-
VP12 - Schloss S	7.62	38:01	4:59	3	2:56	3	71.02	5:19:01	4:29	1	-	1	-
VP13 - Revierförs	6.21	26:59	4:20	1	-	1	77.23	5:46:00	4:28	1	-	1	-
VP14 - Brauhaus	6.00	27:37	4:36	1	-	1	83.23	6:13:37	4:29	1	-	1	-
VP15 - Gedenkst.	6.90	34:34	5:00	1	-	1	90.13	6:48:11	4:31	1	-	1	-
VP16 - Königswe	6.87	38:47	5:38	3	1:21	3	97.00	7:26:58	4:36	1	-	1	-
VP17 - Sportplatz	6.20	34:45	5:36	3	0:18	3	103.20	8:01:43	4:40	1	-	1	-
VP18 - Osdorfer	6.49	33:05	5:05	9	3:35	9	109.69	8:34:48	4:41	1	-	1	-
VP19 - Lichtenrav	5.71	29:11	5:06	7	2:58	7	115.40	9:03:59	4:42	1	-	1	-
VP20 - Kirchhain	4.35	21:49	5:00	4	1:23	4	119.75	9:25:48	4:43	1	-	1	-
VP21 - Buckow	6.15	31:14	5:04	4	3:11	4	125.90	9:57:02	4:44	1	-	1	-
VP22 - Rudow	4.97	26:51	5:24	3	3:44	3	130.87	10:23:53	4:46	1	-	1	-
VP23 - Johannistl	5.89	31:42	5:22	4	1:30	4	136.76	10:55:35	4:47	1	-	1	-
VP24 - Dammwe	5.64	29:31	5:14	1	-	1	142.40	11:25:06	4:48	1	-	1	-
VP25 - Eas Side	6.33	34:40	5:28	2	0:44	2	148.73	11:59:46	4:50	1	-	1	-
VP26 - Checkpoir	4.22	21:46	5:09	2	0:14	2	152.95	12:21:32	4:50	1	-	1	-
VP27 - Gedenkst.	4.12	25:51	6:16	3	1:15	3	157.07	12:47:23	4:53	1	-	1	-
Friedrich-Ludwig	4.78	23:46	4:58	1	-	1	161.85	13:11:09	4:53	1	-	1	-