



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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LRG Torpedo Berlin

☐☐: LRG Torpedo Berlin

☐☐: 4009

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 22:27:23

☐☐: 7.17 km/h

☐☐☐☐: 8:19 min/km

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