



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Team Laktat³

☐☐: Team Laktat³

☐☐: 4003

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 13:35:50

☐☐: 11.84 km/h

☐☐☐☐: 5:02 min/km

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	
VP1 - S-Bahnhof	6.93	28:45	4:08	3	1:44	3	1:44	6.93	28:45	4:08	3	1:44	3	1:44
VP2 - Laufftreff Li	5.70	24:01	4:12	2	0:05	2	0:05	12.63	52:46	4:10	2	1:49	2	1:49
VP3 - Oranienbur	5.47	22:54	4:11	1	-	1	-	18.10	1:15:40	4:10	2	0:57	2	0:57
VP4 - Naturschut	4.97	22:18	4:29	3	0:44	3	0:44	23.07	1:37:58	4:14	2	1:41	2	1:41
VP5 - Frohnau	6.80	31:07	4:34	2	1:28	2	1:28	29.87	2:09:05	4:19	2	1:28	2	1:28
VP6 - Ruderclub	4.06	19:51	4:53	3	1:37	3	1:37	33.93	2:28:56	4:23	2	3:05	2	3:05
VP7 - Grenzturm	4.75	19:52	4:10	1	-	1	-	38.68	2:48:48	4:21	2	2:17	2	2:17
VP8 - Schönwald	7.53	33:59	4:30	2	0:34	2	0:34	46.21	3:22:47	4:23	2	2:15	2	2:15
VP9 - Falkenseer	5.69	26:17	4:37	2	0:56	2	0:56	51.90	3:49:04	4:24	2	1:40	2	1:40
VP10 - Karolinenl	6.60	30:44	4:39	2	0:05	2	0:05	58.50	4:19:48	4:26	2	1:45	2	1:45
VP11 - Pagel & Fi	4.90	27:09	5:32	5	4:12	5	4:12	63.40	4:46:57	4:31	2	5:57	2	5:57
VP12 - Schloss S	7.62	40:02	5:15	6	4:57	6	4:57	71.02	5:26:59	4:36	2	7:58	2	7:58
VP13 - Revierförs	6.21	28:47	4:38	2	1:48	2	1:48	77.23	5:55:46	4:36	2	9:46	2	9:46
VP14 - Brauhaus	6.00	29:07	4:51	2	1:30	2	1:30	83.23	6:24:53	4:37	2	11:16	2	11:16
VP15 - Gedenkst.	6.90	35:10	5:05	2	0:36	2	0:36	90.13	7:00:03	4:39	2	11:52	2	11:52
VP16 - Königswe	6.87	39:37	5:45	4	2:11	4	2:11	97.00	7:39:40	4:44	2	12:42	2	12:42
VP17 - Sportplatz	6.20	34:43	5:35	2	0:16	2	0:16	103.20	8:14:23	4:47	2	12:40	2	12:40
VP18 - Osdorfer	6.49	32:02	4:56	5	2:32	5	2:32	109.69	8:46:25	4:47	2	11:37	2	11:37
VP19 - Lichtenra	5.71	29:00	5:04	4	2:47	4	2:47	115.40	9:15:25	4:48	2	11:26	2	11:26
VP20 - Kirchhain	4.35	22:24	5:08	5	1:58	5	1:58	119.75	9:37:49	4:49	2	12:01	2	12:01
VP21 - Buckow	6.15	31:09	5:03	3	3:06	3	3:06	125.90	10:08:58	4:50	2	11:56	2	11:56
VP22 - Rudow	4.97	27:10	5:27	5	4:03	5	4:03	130.87	10:36:08	4:51	2	12:15	2	12:15
VP23 - Johannistl	5.89	31:37	5:22	3	1:25	3	1:25	136.76	11:07:45	4:52	2	12:10	2	12:10
VP24 - Dammwe	5.64	32:23	5:44	4	2:52	4	2:52	142.40	11:40:08	4:55	2	15:02	2	15:02
VP25 - Eas Side	6.33	37:10	5:52	4	3:14	4	3:14	148.73	12:17:18	4:57	3	17:32	3	17:32
VP26 - Checkpoir	4.22	24:30	5:48	6	2:58	6	2:58	152.95	12:41:48	4:58	3	20:16	3	20:16
VP27 - Gedenkst.	4.12	26:48	6:30	4	2:12	4	2:12	157.07	13:08:36	5:01	3	21:13	3	21:13
Friedrich-Ludwig	4.78	27:14	5:41	5	3:28	5	3:28	161.85	13:35:50	5:02	3	24:41	3	24:41