



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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WW Center Herford

☐☐: WW Center Herford
☐☐: 4025

☐☐: 161.85 km
100MeilenBerlin 4er-Staffel

☐☐☐☐:
4er Staffel

☐☐☐: 24:17:42

☐☐: 6.63 km/h
☐☐☐☐: 9:01 min/km

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