



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Relais de France

☐☐: Relais de France

☐☐: 1016

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 13:36:17

☐☐: 11.83 km/h

☐☐☐☐: 5:02 min/km

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