



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Schleusenläufer

☐☐: Schleusenläufer

☐☐: 1009

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 14:15:53

☐☐: 11.29 km/h

☐☐☐☐: 5:17 min/km

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☐☐☐☐☐☐: 13:05:10

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