



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Dr. Muskelkater

☐☐: Dr. Muskelkater

☐☐: 4034

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

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