



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Bin ich Läufer, oder was?

☐☐: Bin ich Läufer, oder was?

☐☐: 1005

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 15:00:16

☐☐: 10.79 km/h

☐☐☐☐: 5:34 min/km

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☐☐☐☐☐☐: 13:05:10

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