



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Berliner Vollmond Marathon

☐☐: Berliner Vollmond Marathon
☐☐: 2007

☐☐: 161.85 km
100MeilenBerlin 2er-Staffel

☐☐☐☐:
2er Staffel

☐☐☐: 27:42:44

☐☐: 5.81 km/h
☐☐☐☐: 10:16 min/km

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐		
VP1 - S-Bahnhof	6.93	43:23	6:15	5	11:47	5	11:47	6.93	43:23	6:15	5	11:47	5	11:47
VP2 - Laufftreff Li	5.70	36:26	6:23	4	8:22	4	8:22	12.63	1:19:49	6:19	4	20:09	4	20:09
VP3 - Oranienbur	5.47	35:40	6:31	4	7:35	4	7:35	18.10	1:55:29	6:22	4	27:44	4	27:44
VP4 - Naturschut	4.97	34:15	6:53	3	6:17	3	6:17	23.07	2:29:44	6:29	4	34:01	4	34:01
VP5 - Frohnau	6.80	45:24	6:40	3	3:35	3	3:35	29.87	3:15:08	6:31	4	37:30	4	37:30
VP6 - Ruderclub	4.06	40:41	10:01	5	11:34	5	11:34	33.93	3:55:49	6:57	4	42:47	4	42:47
VP7 - Grenzturm	4.75	36:38	7:42	3	3:53	3	3:53	38.68	4:32:27	7:02	4	45:39	4	45:39
VP8 - Schönwald	7.53	1:00:45	8:04	2	10:40	2	10:40	46.21	5:33:12	7:12	4	49:58	4	49:58
VP9 - Falkenseer	5.69	49:59	8:47	3	6:59	3	6:59	51.90	6:23:11	7:22	4	56:57	4	56:57
VP10 - Karolinenl	6.60	55:36	8:25	3	9:01	3	9:01	58.50	7:18:47	7:30	4	1:05:58	4	1:05:58
VP11 - Pagel & Fi	4.90	42:48	8:44	3	10:30	3	10:30	63.40	8:01:35	7:35	4	1:16:28	4	1:16:28
VP12 - Schloss S	7.62	2:04:03	16:16	6	1:12:29	6	1:12:29	71.02	10:05:38	8:31	4	2:28:57	4	2:28:57
VP13 - Revierförs	6.21	58:58	9:29	6	25:21	6	25:21	77.23	11:04:36	8:36	4	2:53:24	4	2:53:24
VP14 - Brauhaus	6.00	58:20	9:43	6	23:53	6	23:53	83.23	12:02:56	8:41	5	3:17:16	5	3:17:16
VP15 - Gedenkst.	6.90	1:10:41	10:14	6	31:56	6	31:56	90.13	13:13:37	8:48	5	3:49:12	5	3:49:12
VP16 - Königswe	6.87	1:15:07	10:56	6	33:50	6	33:50	97.00	14:28:44	8:57	5	4:22:33	5	4:22:33
VP17 - Sportplatz	6.20	1:06:25	10:42	6	23:43	6	23:43	103.20	15:35:09	9:03	5	4:45:42	5	4:45:42
VP18 - Osdorfer	6.49	1:22:24	12:41	7	40:48	7	40:48	109.69	16:57:33	9:16	6	5:26:30	6	5:26:30
VP19 - Lichtenra	5.71	1:06:27	11:38	7	28:01	7	28:01	115.40	18:04:00	9:23	6	5:52:07	6	5:52:07
VP20 - Kirchhain	4.35	53:31	12:18	7	22:00	7	22:00	119.75	18:57:31	9:29	6	6:14:07	6	6:14:07
VP21 - Buckow	6.15	1:09:08	11:14	7	27:01	7	27:01	125.90	20:06:39	9:35	7	6:41:08	7	6:41:08
VP22 - Rudow	4.97	1:01:30	12:22	7	23:38	7	23:38	130.87	21:08:09	9:41	7	7:04:46	7	7:04:46
VP23 - Johannistl	5.89	1:18:02	13:14	7	35:39	7	35:39	136.76	22:26:11	9:50	7	7:35:34	7	7:35:34
VP24 - Dammwe	5.64	1:10:56	12:34	7	33:09	7	33:09	142.40	23:37:07	9:57	7	8:00:11	7	8:00:11
VP25 - Eas Side	6.33	1:17:52	12:18	6	30:49	6	30:49	148.73	24:54:59	10:03	7	8:28:44	7	8:28:44
VP26 - Checkpoir	4.22	47:50	11:20	6	19:03	6	19:03	152.95	25:42:49	10:05	7	8:45:26	7	8:45:26
VP27 - Gedenkst.	4.12	56:42	13:45	7	23:23	7	23:23	157.07	26:39:31	10:11	7	9:07:50	7	9:07:50
Friedrich-Ludwig	4.78	1:03:13	13:13	7	34:32	7	34:32	161.85	27:42:44	10:16	7	9:40:47	7	9:40:47