



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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WELTRAUMJOGGER

☐☐: WELTRAUMJOGGER

☐☐: 1012

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 15:11:36

☐☐: 10.60 km/h

☐☐☐☐: 5:38 min/km

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐		
VP1 - S-Bahnhof	6.93	35:11	5:04	7	7:41	7	7:41	6.93	35:11	5:04	7	7:41	7	7:41
VP2 - Laufftreff Li	5.70	30:51	5:24	8	6:26	8	6:26	12.63	1:06:02	5:13	7	14:07	7	14:07
VP3 - Oranienbur	5.47	30:38	5:36	7	7:02	7	7:02	18.10	1:36:40	5:20	7	21:09	7	21:09
VP4 - Naturschut	4.97	29:21	5:54	8	5:02	8	5:02	23.07	2:06:01	5:27	7	25:56	7	25:56
VP5 - Frohnau	6.80	40:29	5:57	10	6:58	10	6:58	29.87	2:46:30	5:34	8	32:36	8	32:36
VP6 - Ruderclub	4.06	25:14	6:12	9	5:54	9	5:54	33.93	3:11:44	5:39	8	37:27	8	37:27
VP7 - Grenzturm	4.75	29:29	6:12	8	10:34	8	10:34	38.68	3:41:13	5:43	8	48:01	8	48:01
VP8 - Schönwald	7.53	48:10	6:23	8	16:47	8	16:47	46.21	4:29:23	5:49	9	1:04:48	9	1:04:48
VP9 - Falkenseer	5.69	36:26	6:24	10	12:53	10	12:53	51.90	5:05:49	5:53	9	1:17:41	9	1:17:41
VP10 - Karolinenl	6.60	50:54	7:42	14	19:48	14	19:48	58.50	5:56:43	6:05	9	1:36:58	9	1:36:58
VP11 - Pagel & Fi	4.90	41:41	8:30	15	19:12	15	19:12	63.40	6:38:24	6:17	12	1:54:20	12	1:54:20
VP12 - Schloss S	7.62	57:11	7:30	14	21:02	14	21:02	71.02	7:35:35	6:24	12	2:12:36	12	2:12:36
VP13 - Revierförs	6.21	23:47	3:49	1	-	1	-	77.23	7:59:22	6:12	10	2:06:27	10	2:06:27
VP14 - Brauhaus	6.00	23:20	3:53	1	-	1	-	83.23	8:22:42	6:02	10	1:59:18	10	1:59:18
VP15 - Gedenkst.	6.90	38:15	5:32	8	8:26	8	8:26	90.13	9:00:57	6:00	10	2:04:43	10	2:04:43
VP16 - Königswe	6.87	42:02	6:07	11	12:24	11	12:24	97.00	9:42:59	6:00	10	2:13:09	10	2:13:09
VP17 - Sportplatz	6.20	32:39	5:15	8	6:22	8	6:22	103.20	10:15:38	5:57	9	2:18:18	9	2:18:18
VP18 - Osdorfer	6.49	29:18	4:30	1	-	1	-	109.69	10:44:56	5:52	9	2:14:14	9	2:14:14
VP19 - Lichtenra	5.71	23:31	4:07	1	-	1	-	115.40	11:08:27	5:47	7	2:09:38	7	2:09:38
VP20 - Kirchhain	4.35	19:17	4:25	1	-	1	-	119.75	11:27:44	5:44	7	2:08:58	7	2:08:58
VP21 - Buckow	6.15	28:08	4:34	1	-	1	-	125.90	11:55:52	5:41	6	2:07:12	6	2:07:12
VP22 - Rudow	4.97	23:50	4:47	1	-	1	-	130.87	12:19:42	5:39	6	2:07:04	6	2:07:04
VP23 - Johannistl	5.89	28:06	4:46	4	4:42	4	4:42	136.76	12:47:48	5:36	6	2:03:17	6	2:03:17
VP24 - Dammwe	5.64	27:23	4:51	5	4:33	5	4:33	142.40	13:15:11	5:35	6	1:58:08	6	1:58:08
VP25 - Eas Side	6.33	32:48	5:10	3	4:04	3	4:04	148.73	13:47:59	5:34	6	1:52:09	6	1:52:09
VP26 - Checkpoir	4.22	26:24	6:15	8	7:39	8	7:39	152.95	14:14:23	5:35	6	1:59:48	6	1:59:48
VP27 - Gedenkst.	4.12	27:15	6:36	6	2:39	6	2:39	157.07	14:41:38	5:36	6	2:02:24	6	2:02:24
Friedrich-Ludwig	4.78	29:58	6:16	9	4:20	9	4:20	161.85	15:11:36	5:37	6	2:06:26	6	2:06:26