



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Besenläufer

☐☐: Besenläufer

☐☐: 1018

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 29:59:07

☐☐: 5.40 km/h

☐☐☐☐: 11:07 min/km

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☐☐☐☐☐☐: 13:05:10

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐
VP1 - S-Bahnhof	6.93	1:02:02	8:57	17	34:32	17	34:32	6.93	1:02:02	8:57	17	34:32	17	34:32	
VP2 - Laufftreff Li	5.70	47:46	8:22	17	23:21	17	23:21	12.63	1:49:48	8:41	17	57:53	17	57:53	
VP3 - Oranienbur	5.47	53:04	9:42	17	29:28	17	29:28	18.10	2:42:52	8:59	17	1:27:21	17	1:27:21	
VP4 - Naturschut	4.97	53:57	10:51	16	29:38	16	29:38	23.07	3:36:49	9:23	17	1:56:44	17	1:56:44	
VP5 - Frohnau	6.80	1:11:11	10:28	16	37:40	16	37:40	29.87	4:48:00	9:38	17	2:34:06	17	2:34:06	
VP6 - Ruderclub	4.06	42:07	10:22	17	22:47	17	22:47	33.93	5:30:07	9:43	17	2:55:50	17	2:55:50	
VP7 - Grenzturm	4.75	40:00	8:25	16	21:05	16	21:05	38.68	6:10:07	9:34	17	3:16:55	17	3:16:55	
VP8 - Schönwald	7.53	1:09:21	9:12	17	37:58	17	37:58	46.21	7:19:28	9:30	17	3:54:53	17	3:54:53	
VP9 - Falkenseer	5.69	53:10	9:20	15	29:37	15	29:37	51.90	8:12:38	9:29	17	4:24:30	17	4:24:30	
VP10 - Karolinenl	6.60	1:08:50	10:25	17	37:44	17	37:44	58.50	9:21:28	9:35	17	5:01:43	17	5:01:43	
VP11 - Pagel & Fi	4.90	52:44	10:45	17	30:15	17	30:15	63.40	10:14:12	9:41	17	5:30:08	17	5:30:08	
VP12 - Schloss S	7.62	1:17:08	10:07	17	40:59	17	40:59	71.02	11:31:20	9:44	17	6:08:21	17	6:08:21	
VP13 - Revierförs	6.21	1:54:28	18:25	17	1:30:41	17	1:30:41	77.23	13:25:48	10:26	17	7:32:53	17	7:32:53	
VP14 - Brauhaus	6.00	42:04	7:00	16	18:44	16	18:44	83.23	14:07:52	10:11	17	7:44:28	17	7:44:28	
VP15 - Gedenkst.	6.90	1:05:02	9:25	17	35:13	17	35:13	90.13	15:12:54	10:07	17	8:16:40	17	8:16:40	
VP16 - Königswe	6.87	1:09:33	10:07	17	39:55	17	39:55	97.00	16:22:27	10:07	17	8:52:37	17	8:52:37	
VP17 - Sportplatz	6.20	1:26:22	13:55	17	1:00:05	17	1:00:05	103.20	17:48:49	10:21	17	9:51:29	17	9:51:29	
VP18 - Osdorfer	6.49	1:29:11	13:44	17	59:53	17	59:53	109.69	19:18:00	10:33	17	10:47:18	17	10:47:18	
VP19 - Lichtenrav	5.71	1:22:12	14:23	17	58:41	17	58:41	115.40	20:40:12	10:44	17	11:41:23	17	11:41:23	
VP20 - Kirchhain	4.35	1:07:15	15:27	17	47:58	17	47:58	119.75	21:47:27	10:55	17	12:28:41	17	12:28:41	
VP21 - Buckow	6.15	1:00:31	9:50	17	32:23	17	32:23	125.90	22:47:58	10:51	17	12:59:18	17	12:59:18	
VP22 - Rudow	4.97	41:33	8:21	16	17:43	16	17:43	130.87	23:29:31	10:46	17	13:16:53	17	13:16:53	
VP23 - Johannistl	5.89	59:40	10:07	17	36:16	17	36:16	136.76	24:29:11	10:44	17	13:44:40	17	13:44:40	
VP24 - Dammwe	5.64	1:14:29	13:12	17	51:39	17	51:39	142.40	25:43:40	10:50	17	14:26:37	17	14:26:37	
VP25 - Eas Side	6.33	1:33:28	14:45	17	1:04:44	17	1:04:44	148.73	27:17:08	11:00	17	15:21:18	17	15:21:18	
VP26 - Checkpoir	4.22	54:39	12:57	17	35:54	17	35:54	152.95	28:11:47	11:03	17	15:57:12	17	15:57:12	
VP27 - Gedenkst.	4.12	55:34	13:29	17	30:58	17	30:58	157.07	29:07:21	11:07	17	16:28:07	17	16:28:07	
Friedrich-Ludwig	4.78	51:46	10:49	17	26:08	17	26:08	161.85	29:59:07	11:06	17	16:53:57	17	16:53:57	