



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

11 Läufer sollt ihr sein...

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☐☐: 1008

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 15:26:11

☐☐: 10.43 km/h

☐☐☐☐: 5:43 min/km

☐☐☐☐☐/☐☐☐☐: 7 (of 17)

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☐☐☐☐☐☐: 13:05:10

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	
VP1 - S-Bahnhof	6.93	41:07	5:55	11	13:37	11	13:37	6.93	41:07	5:55	11	13:37	11	13:37
VP2 - Laufftreff Li	5.70	35:45	6:16	12	11:20	12	11:20	12.63	1:16:52	6:05	14	24:57	14	24:57
VP3 - Oranienbur	5.47	36:40	6:42	11	13:04	11	13:04	18.10	1:53:32	6:16	13	38:01	13	38:01
VP4 - Naturschut	4.97	28:38	5:45	7	4:19	7	4:19	23.07	2:22:10	6:09	9	42:05	9	42:05
VP5 - Frohnau	6.80	37:47	5:33	6	4:16	6	4:16	29.87	2:59:57	6:01	9	46:03	9	46:03
VP6 - Ruderclub	4.06	22:41	5:35	6	3:21	6	3:21	33.93	3:22:38	5:58	9	48:21	9	48:21
VP7 - Grenzturm	4.75	23:09	4:52	5	4:14	5	4:14	38.68	3:45:47	5:50	9	52:35	9	52:35
VP8 - Schönwald	7.53	39:34	5:15	6	8:11	6	8:11	46.21	4:25:21	5:44	7	1:00:46	7	1:00:46
VP9 - Falkenseer	5.69	34:09	6:00	9	10:36	9	10:36	51.90	4:59:30	5:46	6	1:11:22	6	1:11:22
VP10 - Karolinenl	6.60	40:40	6:09	8	9:34	8	9:34	58.50	5:40:10	5:48	6	1:20:25	6	1:20:25
VP11 - Pagel & Fi	4.90	32:57	6:43	10	10:28	10	10:28	63.40	6:13:07	5:53	8	1:29:03	8	1:29:03
VP12 - Schloss S	7.62	48:43	6:23	8	12:34	8	12:34	71.02	7:01:50	5:56	7	1:38:51	7	1:38:51
VP13 - Revierförs	6.21	37:02	5:57	10	13:15	10	13:15	77.23	7:38:52	5:56	8	1:45:57	8	1:45:57
VP14 - Brauhaus	6.00	36:59	6:09	10	13:39	10	13:39	83.23	8:15:51	5:57	8	1:52:27	8	1:52:27
VP15 - Gedenkst.	6.90	40:15	5:49	11	10:26	11	10:26	90.13	8:56:06	5:56	8	1:59:52	8	1:59:52
VP16 - Königswe	6.87	30:38	4:27	2	1:00	2	1:00	97.00	9:26:44	5:50	7	1:56:54	7	1:56:54
VP17 - Sportplatz	6.20	27:52	4:29	3	1:35	3	1:35	103.20	9:54:36	5:45	6	1:57:16	6	1:57:16
VP18 - Osdorfer	6.49	40:26	6:13	11	11:08	11	11:08	109.69	10:35:02	5:47	7	2:04:20	7	2:04:20
VP19 - Lichtenrav	5.71	37:32	6:34	12	14:01	12	14:01	115.40	11:12:34	5:49	8	2:13:45	8	2:13:45
VP20 - Kirchhain	4.35	21:23	4:54	4	2:06	4	2:06	119.75	11:33:57	5:47	8	2:15:11	8	2:15:11
VP21 - Buckow	6.15	30:49	5:00	4	2:41	4	2:41	125.90	12:04:46	5:45	8	2:16:06	8	2:16:06
VP22 - Rudow	4.97	26:30	5:19	7	2:40	7	2:40	130.87	12:31:16	5:44	7	2:18:38	7	2:18:38
VP23 - Johannistl	5.89	27:25	4:39	2	4:01	2	4:01	136.76	12:58:41	5:41	7	2:14:10	7	2:14:10
VP24 - Dammwe	5.64	26:57	4:46	4	4:07	4	4:07	142.40	13:25:38	5:39	7	2:08:35	7	2:08:35
VP25 - Eas Side	6.33	29:22	4:38	2	0:38	2	0:38	148.73	13:55:00	5:36	7	1:59:10	7	1:59:10
VP26 - Checkpoir	4.22	28:40	6:47	11	9:55	11	9:55	152.95	14:23:40	5:38	7	2:09:05	7	2:09:05
VP27 - Gedenkst.	4.12	31:53	7:44	9	7:17	9	7:17	157.07	14:55:33	5:42	7	2:16:19	7	2:16:19
Friedrich-Ludwig	4.78	30:38	6:24	10	5:00	10	5:00	161.85	15:26:11	5:43	7	2:21:01	7	2:21:01