



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Flitz-Piepen.de

☐☐: Flitz-Piepen.de

☐☐: 4024

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 15:33:22

☐☐: 10.35 km/h

☐☐☐☐: 5:46 min/km

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