



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Dank 1989 ein Team

☐☐: Dank 1989 ein Team

☐☐: 1011

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 15:34:25

☐☐: 10.34 km/h

☐☐☐☐: 5:46 min/km

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