



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Hupsis Lauftreff

☐☐: Hupsis Lauftreff

☐☐: 4021

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 15:42:40

☐☐: 10.25 km/h

☐☐☐☐: 5:49 min/km

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