



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Gurkenpower

☐☐: Gurkenpower

☐☐: 1002

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 15:56:51

☐☐: 10.10 km/h

☐☐☐☐: 5:55 min/km

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☐☐☐☐☐☐: 13:05:10

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