



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Mauersegler

☐☐: Mauersegler

☐☐: 4006

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 16:28:05

☐☐: 9.83 km/h

☐☐☐☐: 6:06 min/km

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