



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Die Energiebündel

☐☐: Die Energiebündel

☐☐: 4010

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 16:31:36

☐☐: 9.74 km/h

☐☐☐☐: 6:08 min/km

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐☐ km	☐☐☐☐ ☐☐ min/km	☐☐☐☐ -	☐☐☐☐ -	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	
VP1 - S-Bahnhof	6.93	27:01	3:53	1	-	1	6.93	27:01	3:53	1	-	1	-
VP2 - Laufftreff Li	5.70	23:56	4:11	1	-	1	12.63	50:57	4:02	1	-	1	-
VP3 - Oranienbur	5.47	23:46	4:20	3	0:52	3	18.10	1:14:43	4:07	1	-	1	-
VP4 - Naturschut	4.97	21:34	4:20	1	-	1	23.07	1:36:17	4:10	1	-	1	-
VP5 - Frohnau	6.80	35:01	5:08	6	5:22	6	29.87	2:11:18	4:23	3	3:41	3	3:41
VP6 - Ruderclub	4.06	25:12	6:12	11	6:58	11	33.93	2:36:30	4:36	3	10:39	3	10:39
VP7 - Grenzturm	4.75	26:39	5:36	12	6:47	12	38.68	3:03:09	4:44	4	16:38	4	16:38
VP8 - Schönwald	7.53	55:31	7:22	30	22:06	30	46.21	3:58:40	5:09	5	38:08	5	38:08
VP9 - Falkenseer	5.69	44:38	7:50	27	19:17	27	51.90	4:43:18	5:27	5	55:54	5	55:54
VP10 - Karolinenl	6.60	57:06	8:39	26	26:27	26	58.50	5:40:24	5:49	7	1:22:21	7	1:22:21
VP11 - Pagel & Fi	4.90	44:57	9:10	30	22:00	30	63.40	6:25:21	6:04	13	1:44:21	13	1:44:21
VP12 - Schloss S	7.62	1:06:14	8:41	32	31:09	32	71.02	7:31:35	6:21	14	2:12:34	14	2:12:34
VP13 - Revierförs	6.21	31:15	5:01	5	4:16	5	77.23	8:02:50	6:15	13	2:16:50	13	2:16:50
VP14 - Brauhaus	6.00	31:09	5:11	4	3:32	4	83.23	8:33:59	6:10	13	2:20:22	13	2:20:22
VP15 - Gedenkst.	6.90	36:25	5:16	5	1:51	5	90.13	9:10:24	6:06	12	2:22:13	12	2:22:13
VP16 - Königswe	6.87	41:00	5:58	9	3:34	9	97.00	9:51:24	6:05	11	2:24:26	11	2:24:26
VP17 - Sportplatz	6.20	36:36	5:54	7	2:09	7	103.20	10:28:00	6:05	11	2:26:17	11	2:26:17
VP18 - Osdorfer	6.49	30:17	4:39	2	0:47	2	109.69	10:58:17	6:00	10	2:23:29	10	2:23:29
VP19 - Lichtenrav	5.71	28:47	5:02	3	2:34	3	115.40	11:27:04	5:57	10	2:23:05	10	2:23:05
VP20 - Kirchhain	4.35	21:43	4:59	3	1:17	3	119.75	11:48:47	5:55	10	2:22:59	10	2:22:59
VP21 - Buckow	6.15	32:24	5:16	7	4:21	7	125.90	12:21:11	5:53	9	2:24:09	9	2:24:09
VP22 - Rudow	4.97	26:57	5:25	4	3:50	4	130.87	12:48:08	5:52	8	2:24:15	8	2:24:15
VP23 - Johannistl	5.89	34:23	5:50	5	4:11	5	136.76	13:22:31	5:52	8	2:26:56	8	2:26:56
VP24 - Dammwe	5.64	34:37	6:08	7	5:06	7	142.40	13:57:08	5:52	8	2:32:02	8	2:32:02
VP25 - Eas Side	6.33	40:41	6:25	6	6:45	6	148.73	14:37:49	5:54	8	2:38:03	8	2:38:03
VP26 - Checkpoir	4.22	39:47	9:25	25	18:15	25	152.95	15:17:36	5:59	8	2:56:04	8	2:56:04
VP27 - Gedenkst.	4.12	42:05	10:12	29	17:29	29	157.07	15:59:41	6:06	8	3:12:18	8	3:12:18
Friedrich-Ludwig	4.78	31:55	6:40	17	8:09	17	161.85	16:31:36	6:07	8	3:20:27	8	3:20:27