



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Die Lust- und Laune-Läufer

☐☐: Die Lust- und Laune-Läufer

☐☐: 4030

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 16:35:00

☐☐: 9.71 km/h

☐☐☐☐: 6:09 min/km

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