



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Veteranenstammtisch+

☐☐: Veteranenstammtisch+

☐☐: 1017

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

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10er+ Staffel

☐☐☐: 16:44:02

☐☐: 9.62 km/h

☐☐☐☐: 6:12 min/km

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