



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Run down this wall !

☐☐: Run down this wall !

☐☐: 1013

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 16:46:18

☐☐: 9.60 km/h

☐☐☐☐: 6:13 min/km

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☐☐☐☐☐☐: 13:05:10

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