



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Trümmertruppe

☐☐: Trümmertruppe

☐☐: 1010

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 16:46:20

☐☐: 9.60 km/h

☐☐☐☐: 6:13 min/km

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