



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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4 for 100

☐☐: 4 for 100

☐☐: 4018

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 16:55:37

☐☐: 9.51 km/h

☐☐☐☐: 6:17 min/km

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