



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## Pankower Mauerläufer

☐☐: Pankower Mauerläufer

☐☐: 4013

Enduro Long Women

☐☐☐☐:

4er Staffel

☐☐☐: 16:59:46

☐☐: - km/h

☐☐☐☐: 6:18 min/km

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☐☐☐☐☐/☐☐☐☐: 11 (of 34)

☐☐☐☐☐☐: 13:11:09

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