



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Pankower Mauerläufer

☐☐: Pankower Mauerläufer

☐☐: 4013

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 16:59:46

☐☐: 9.47 km/h

☐☐☐☐: 6:18 min/km

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	
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	161.85	16:59:46	6:18	11	3:48:37	11	3:48:37