



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Randolfs Schnelle Helle der Meierei Potsdam 17:33:34

☐☐: Randolfs Schnelle Helle der Meierei Potsdam
☐☐: 1006

☐☐: 9.17 km/h
☐☐☐☐: 6:31 min/km

☐☐: 161.85 km
100MeilenBerlin10er-Staffel

☐☐☐☐☐/☐☐☐☐: 13 (of 17)

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☐☐☐☐:
10er+ Staffel

☐☐☐☐☐: 13(of 17)

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