



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Team Ärzte ohne Grenzen

☐☐: Team Ärzte ohne Grenzen

☐☐: 4029

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 17:50:15

☐☐: 9.03 km/h

☐☐☐☐: 6:37 min/km

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