



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Team Karl Friedrich

☐☐: Team Karl Friedrich

☐☐: 2003

☐☐: 161.85 km

100MeilenBerlin 2er-Staffel

☐☐☐☐:

2er Staffel

☐☐☐: 18:01:57

☐☐: 8.98 km/h

☐☐☐☐: 6:41 min/km

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