



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Inklusionsstaffel SCL 1

☐☐: Inklusionsstaffel SCL 1

☐☐: 4004

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 18:08:07

☐☐: 8.92 km/h

☐☐☐☐: 6:43 min/km

☐☐☐☐☐/☐☐☐☐: 13 (of 34)

☐☐☐☐☐/☐☐☐☐: 13 (of 34)

☐☐☐☐☐☐: 13:11:09

☐☐☐☐☐: 13(of 34)

☐☐☐☐☐☐☐: 13:11:09

☐☐☐☐

☐☐☐☐

☐☐☐

☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	
VP1 - S-Bahnhof	6.93	40:10	5:47	15	13:09	15	13:09	6.93	40:10	5:47	15	13:09	15	13:09
VP2 - Laufftreff Li	5.70	33:12	5:49	16	9:16	16	9:16	12.63	1:13:22	5:48	15	22:25	15	22:25
VP3 - Oranienbur	5.47	32:59	6:01	13	10:05	13	10:05	18.10	1:46:21	5:52	15	31:38	15	31:38
VP4 - Naturschut	4.97	32:21	6:30	15	10:47	15	10:47	23.07	2:18:42	6:00	14	42:25	14	42:25
VP5 - Frohnau	6.80	42:06	6:11	13	12:27	13	12:27	29.87	3:00:48	6:03	12	53:11	12	53:11
VP6 - Ruderclub	4.06	25:02	6:09	10	6:48	10	6:48	33.93	3:25:50	6:03	13	59:59	13	59:59
VP7 - Grenzturm	4.75	24:17	5:06	6	4:25	6	4:25	38.68	3:50:07	5:56	12	1:03:36	12	1:03:36
VP8 - Schönwald	7.53	40:39	5:23	8	7:14	8	7:14	46.21	4:30:46	5:51	10	1:10:14	10	1:10:14
VP9 - Falkenseer	5.69	32:30	5:42	10	7:09	10	7:09	51.90	5:03:16	5:50	9	1:15:52	9	1:15:52
VP10 - Karolinenl	6.60	41:16	6:15	12	10:37	12	10:37	58.50	5:44:32	5:53	10	1:26:29	10	1:26:29
VP11 - Pagel & Fi	4.90	31:15	6:22	9	8:18	9	8:18	63.40	6:15:47	5:55	10	1:34:47	10	1:34:47
VP12 - Schloss S	7.62	46:37	6:07	10	11:32	10	11:32	71.02	7:02:24	5:56	11	1:43:23	11	1:43:23
VP13 - Revierförs	6.21	39:56	6:25	25	12:57	25	12:57	77.23	7:42:20	5:59	12	1:56:20	12	1:56:20
VP14 - Brauhaus	6.00	44:22	7:23	28	16:45	28	16:45	83.23	8:26:42	6:05	12	2:13:05	12	2:13:05
VP15 - Gedenkst.	6.90	49:30	7:10	27	14:56	27	14:56	90.13	9:16:12	6:10	13	2:28:01	13	2:28:01
VP16 - Königswe	6.87	1:04:38	9:24	30	27:12	30	27:12	97.00	10:20:50	6:24	15	2:53:52	15	2:53:52
VP17 - Sportplatz	6.20	51:29	8:18	30	17:02	30	17:02	103.20	11:12:19	6:30	16	3:10:36	16	3:10:36
VP18 - Osdorfer	6.49	42:19	6:31	22	12:49	22	12:49	109.69	11:54:38	6:30	17	3:19:50	17	3:19:50
VP19 - Lichtenra	5.71	40:24	7:04	30	14:11	30	14:11	115.40	12:35:02	6:32	17	3:31:03	17	3:31:03
VP20 - Kirchhain	4.35	31:58	7:20	26	11:32	26	11:32	119.75	13:07:00	6:34	17	3:41:12	17	3:41:12
VP21 - Buckow	6.15	41:14	6:42	21	13:11	21	13:11	125.90	13:48:14	6:34	17	3:51:12	17	3:51:12
VP22 - Rudow	4.97	41:52	8:25	25	18:45	25	18:45	130.87	14:30:06	6:38	17	4:06:13	17	4:06:13
VP23 - Johannistl	5.89	39:21	6:40	11	9:09	11	9:09	136.76	15:09:27	6:38	17	4:13:52	17	4:13:52
VP24 - Dammwe	5.64	38:54	6:53	10	9:23	10	9:23	142.40	15:48:21	6:39	16	4:23:15	16	4:23:15
VP25 - Eas Side	6.33	47:03	7:25	12	13:07	12	13:07	148.73	16:35:24	6:41	15	4:35:38	15	4:35:38
VP26 - Checkpoir	4.22	31:32	7:28	15	10:00	15	10:00	152.95	17:06:56	6:42	14	4:45:24	14	4:45:24
VP27 - Gedenkst.	4.12	30:46	7:28	11	6:10	11	6:10	157.07	17:37:42	6:44	14	4:50:19	14	4:50:19
Friedrich-Ludwig	4.78	30:25	6:21	12	6:39	12	6:39	161.85	18:08:07	6:43	13	4:56:58	13	4:56:58