



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Inklusionsstaffel SCL 3

☐☐: Inklusionsstaffel SCL 3

☐☐: 4005

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 18:18:55

☐☐: 8.79 km/h

☐☐☐☐: 6:47 min/km

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