



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Mauerwegschleicher

☐☐: Mauerwegschleicher

☐☐: 4011

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 18:19:33

☐☐: 8.79 km/h

☐☐☐☐: 6:47 min/km

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