



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Moabiter Bären-Auslese

☐☐: Moabiter Bären-Auslese

☐☐: 4023

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 18:23:55

☐☐: 8.80 km/h

☐☐☐☐: 6:49 min/km

☐☐☐☐☐/☐☐☐☐: 17 (of 34)

☐☐☐☐☐/☐☐☐☐: 17 (of 34)

☐☐☐☐☐☐: 13:11:09

☐☐☐☐☐: 17(of 34)

☐☐☐☐☐☐☐: 13:11:09

☐☐☐☐

☐☐☐☐

☐☐☐

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