



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Team Mecomeo 1

☐☐: Team Mecomeo 1

☐☐: 4026

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 18:23:55

☐☐: 8.75 km/h

☐☐☐☐: 6:49 min/km

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☐☐☐☐☐/☐☐☐☐: 17 (of 34)

☐☐☐☐☐☐: 13:11:09

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