



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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## RBB-Laufbewegung Cottbus III

☐☐☐: 18:25:31

☐☐: RBB-Laufbewegung Cottbus III

☐☐: 8.74 km/h

☐☐: 4022

☐☐☐☐: 6:50 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 19 (of 34)

100MeilenBerlin 4er-Staffel

☐☐☐☐☐/☐☐☐☐: 19 (of 34)

☐☐☐☐☐☐: 13:11:09

☐☐☐☐:

☐☐☐☐☐: 19(of 34)

4er Staffel

☐☐☐☐☐☐☐: 13:11:09

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