



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Triagnostik Chemnitz

☐☐: Triagnostik Chemnitz

☐☐: 4017

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 18:55:59

☐☐: 8.55 km/h

☐☐☐☐: 7:01 min/km

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