



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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MATANJA 1972

☐☐: MATANJA 1972

☐☐: 2005

☐☐: 161.85 km

100MeilenBerlin 2er-Staffel

☐☐☐☐:

2er Staffel

☐☐☐: 19:05:45

☐☐: 8.43 km/h

☐☐☐☐: 7:05 min/km

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐☐ km	☐☐☐☐ ☐☐ min/km	☐☐☐☐ -	☐☐☐☐ -	☐☐☐☐ ☐☐☐	☐☐☐☐ ☐☐☐	
VP1 - S-Bahnhof	6.93	31:36	4:33	1	-	1	6.93	31:36	4:33	1	-	1	-
VP2 - Laufftreff Li	5.70	28:04	4:55	1	-	1	12.63	59:40	4:43	1	-	1	-
VP3 - Oranienbur	5.47	28:05	5:08	1	-	1	18.10	1:27:45	4:50	1	-	1	-
VP4 - Naturschut	4.97	27:58	5:37	1	-	1	23.07	1:55:43	5:00	1	-	1	-
VP5 - Frohnau	6.80	41:55	6:09	2	0:06	2	29.87	2:37:38	5:16	1	-	1	-
VP6 - Ruderclub	4.06	35:24	8:43	3	6:17	3	33.93	3:13:02	5:41	1	-	1	-
VP7 - Grenzturm	4.75	33:46	7:06	2	1:01	2	38.68	3:46:48	5:51	1	-	1	-
VP8 - Schönwald	7.53	1:01:44	8:11	3	11:39	3	46.21	4:48:32	6:14	2	5:18	2	5:18
VP9 - Falkenseer	5.69	46:04	8:05	2	3:04	2	51.90	5:34:36	6:26	2	8:22	2	8:22
VP10 - Karolinenl	6.60	52:16	7:55	2	5:41	2	58.50	6:26:52	6:36	2	14:03	2	14:03
VP11 - Pagel & Fi	4.90	44:40	9:06	4	12:22	4	63.40	7:11:32	6:48	2	26:25	2	26:25
VP12 - Schloss S	7.62	1:00:43	7:58	2	9:09	2	71.02	8:12:15	6:55	2	35:34	2	35:34
VP13 - Revierförs	6.21	35:13	5:40	3	1:36	3	77.23	8:47:28	6:49	2	36:16	2	36:16
VP14 - Brauhaus	6.00	35:10	5:51	3	0:43	3	83.23	9:22:38	6:45	2	36:58	2	36:58
VP15 - Gedenkst.	6.90	43:19	6:16	3	4:34	3	90.13	10:05:57	6:43	2	41:32	2	41:32
VP16 - Königswe	6.87	42:32	6:11	3	1:15	3	97.00	10:48:29	6:41	2	42:18	2	42:18
VP17 - Sportplatz	6.20	42:42	6:53	1	-	1	103.20	11:31:11	6:41	2	41:44	2	41:44
VP18 - Osdorfer	6.49	48:48	7:31	3	7:12	3	109.69	12:19:59	6:44	2	48:56	2	48:56
VP19 - Lichtenra	5.71	41:46	7:18	3	3:20	3	115.40	13:01:45	6:46	2	49:52	2	49:52
VP20 - Kirchhain	4.35	34:32	7:56	2	3:01	2	119.75	13:36:17	6:48	2	52:53	2	52:53
VP21 - Buckow	6.15	46:37	7:34	2	4:30	2	125.90	14:22:54	6:51	2	57:23	2	57:23
VP22 - Rudow	4.97	38:55	7:49	3	1:03	3	130.87	15:01:49	6:53	2	58:26	2	58:26
VP23 - Johannistl	5.89	42:23	7:11	1	-	1	136.76	15:44:12	6:54	2	53:35	2	53:35
VP24 - Dammwe	5.64	40:16	7:08	2	2:29	2	142.40	16:24:28	6:54	2	47:32	2	47:32
VP25 - Eas Side	6.33	51:23	8:07	4	4:20	4	148.73	17:15:51	6:57	2	49:36	2	49:36
VP26 - Checkpoir	4.22	36:42	8:41	5	7:55	5	152.95	17:52:33	7:00	2	55:10	2	55:10
VP27 - Gedenkst.	4.12	37:14	9:02	3	3:55	3	157.07	18:29:47	7:03	2	58:06	2	58:06
Friedrich-Ludwig	4.78	35:58	7:31	4	7:17	4	161.85	19:05:45	7:04	2	1:03:48	2	1:03:48