



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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Team Talanx 2

☐☐: Team Talanx 2

☐☐: 4012

☐☐: 161.85 km

100MeilenBerlin 4er-Staffel

☐☐☐☐:

4er Staffel

☐☐☐: 19:11:27

☐☐: 8.39 km/h

☐☐☐☐: 7:07 min/km

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