



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

RBB-Laufbewegung Cottbus I

☐☐☐: 19:22:32

☐☐: RBB-Laufbewegung Cottbus I

☐☐: 8.31 km/h

☐☐: 4001

☐☐☐☐: 7:11 min/km

☐☐: 161.85 km

☐☐☐☐☐/☐☐☐☐: 22 (of 34)

100MeilenBerlin 4er-Staffel

☐☐☐☐☐/☐☐☐☐: 22 (of 34)

☐☐☐☐☐☐: 13:11:09

☐☐☐☐:

☐☐☐☐☐: 22(of 34)

4er Staffel

☐☐☐☐☐☐☐: 13:11:09

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