



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

☐☐☐☐

Die schnellen Hellen aus der Meierei ☐☐☐: 19:29:36

☐☐: Die schnellen Hellen aus der Meierei
☐☐: 4007

☐☐: 8.26 km/h
☐☐☐☐: 7:14 min/km

☐☐: 161.85 km
100MeilenBerlin 4er-Staffel

☐☐☐☐☐/☐☐☐☐: 23 (of 34)
☐☐☐☐☐/☐☐☐☐: 23 (of 34)
☐☐☐☐☐☐: 13:11:09

☐☐☐☐:
4er Staffel

☐☐☐☐☐: 23(of 34)
☐☐☐☐☐☐☐: 13:11:09

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