



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

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B.E.S.T.ien

☐☐: B.E.S.T.ien

☐☐: 1015

☐☐: 161.85 km

100MeilenBerlin10er-Staffel

☐☐☐☐:

10er+ Staffel

☐☐☐: 19:29:51

☐☐: 8.26 km/h

☐☐☐☐: 7:14 min/km

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