



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Tide Runners Hamburg

□□: Tide Runners Hamburg

□□: 4003

□□: 161.90 km

100MeilenBerlin - 4er Staffel

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4er Staffel

□□□: 19:57:48

□□: 8.06 km/h

□□□□: 7:24 min/km

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□□□□□□: 12:47:10

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
VP1 - Brandenbu	7.30	42:39	5:50	26	13:24	26	13:24	7.30	42:39	5:50	26	13:24	26	13:24
VP2 - East Side C	6.46	42:00	6:30	34	15:13	34	15:13	13.76	1:24:39	6:09	30	28:37	30	28:37
VP3 - Dammweg	5.90	39:39	6:43	40	14:04	40	14:04	19.66	2:04:18	6:19	35	42:41	35	42:41
VP4 - Johannisth	5.64	41:51	7:25	44	17:10	44	17:10	25.30	2:46:09	6:34	34	59:17	34	59:17
VP5 - U-Bahnhof	5.90	47:38	8:04	49	22:18	49	22:18	31.20	3:33:47	6:51	40	1:21:35	40	1:21:35
VP6 - Buckow	4.92	44:04	8:57	48	22:21	48	22:21	36.12	4:17:51	7:08	43	1:43:41	43	1:43:41
VP7 - Kirchhainer	6.17	55:35	9:00	45	27:05	45	27:05	42.29	5:13:26	7:24	45	2:10:06	45	2:10:06
VP8 - Lichtenradi	4.37	40:29	9:15	47	20:13	47	20:13	46.66	5:53:55	7:35	44	2:30:19	44	2:30:19
VP9 - Osdorfer St	5.71	49:49	8:43	47	23:19	47	23:19	52.37	6:43:44	7:42	45	2:52:58	45	2:52:58
VP10 - Sportplatz	6.50	1:02:07	9:33	46	30:10	46	30:10	58.87	7:45:51	7:54	45	3:23:08	45	3:23:08
VP11 - Königsw	6.22	1:08:14	10:58	50	41:39	50	41:39	65.09	8:54:05	8:12	50	4:02:20	50	4:02:20
VP12 - Gedenkst	6.85	53:14	7:46	44	23:03	44	23:03	71.94	9:47:19	8:09	49	4:22:32	49	4:22:32
VP13 - Brauhaus	6.88	58:55	8:33	45	28:12	45	28:12	78.82	10:46:14	8:11	50	4:46:32	50	4:46:32
VP14 - Revierförs	5.70	50:05	8:47	43	23:18	43	23:18	84.52	11:36:19	8:14	50	5:05:26	50	5:05:26
VP15 - Schloss S	6.24	54:51	8:47	43	26:23	43	26:23	90.76	12:31:10	8:16	50	5:27:21	50	5:27:21
VP16 - Pagel & Fi	7.60	47:04	6:11	31	14:58	31	14:58	98.36	13:18:14	8:06	48	5:42:19	48	5:42:19
VP17 - Karolinenl	4.91	33:28	6:48	34	12:12	34	12:12	103.27	13:51:42	8:03	47	5:54:31	47	5:54:31
VP18 - Falkensee	6.60	42:21	6:25	29	12:42	29	12:42	109.87	14:34:03	7:57	47	6:07:13	47	6:07:13
VP19 - Schönwal	5.95	46:07	7:45	39	19:17	39	19:17	115.82	15:20:10	7:56	47	6:26:30	47	6:26:30
VP20 - Grenzturn	7.60	1:04:07	8:26	41	27:18	41	27:18	123.42	16:24:17	7:58	47	6:42:10	47	6:42:10
VP21 - Ruderclub	4.78	40:13	8:24	41	20:59	41	20:59	128.20	17:04:30	7:59	46	6:59:26	46	6:59:26
VP22 - Frohnau	4.07	20:34	5:03	9	3:48	9	3:48	132.27	17:25:04	7:54	45	6:59:21	45	6:59:21
VP23 - Naturschu	6.61	33:42	5:05	11	5:39	11	5:39	138.88	17:58:46	7:46	44	6:58:27	44	6:58:27
VP24 - Oranienbu	4.98	25:16	5:04	9	3:41	9	3:41	143.86	18:24:02	7:40	44	6:58:44	44	6:58:44
VP25 - Laufftreff l	5.34	26:40	4:59	8	26:20	8	26:20	149.20	18:50:42	7:34	43	7:00:16	43	7:00:16
VP26 - Wilhelmsr	5.72	28:26	4:58	9	7:14	9	7:14	154.92	19:19:08	7:28	41	7:03:23	41	7:03:23
VP27 - Wollankst	3.02	18:36	6:09	10	4:13	10	4:13	157.94	19:37:44	7:27	40	7:07:36	40	7:07:36
Friedrich-Ludwig	3.96	20:04	5:04	9	6:43	9	6:43	161.90	19:57:48	7:23	39	7:10:38	39	7:10:38