



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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prowin4gewinnt

□□: prowin4gewinnt

□□: 4028

□□: 161.90 km

100MeilenBerlin - 4er Staffel

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4er Staffel

□□□: 20:02:29

□□: 8.03 km/h

□□□□: 7:26 min/km

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□□□□□□: 12:47:10

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VP1 - Brandenbu	7.30	44:30	6:05	34	15:15	34	15:15	7.30	44:30	6:05	34	15:15	34	15:15	
VP2 - East Side G	6.46	43:01	6:39	35	16:14	35	16:14	13.76	1:27:31	6:21	35	31:29	35	31:29	
VP3 - Dammweg	5.90	36:24	6:10	28	10:49	28	10:49	19.66	2:03:55	6:18	33	42:18	33	42:18	
VP4 - Johannisth	5.64	36:29	6:28	32	11:48	32	11:48	25.30	2:40:24	6:20	32	53:32	32	53:32	
VP5 - U-Bahnhof	5.90	37:02	6:16	22	11:42	22	11:42	31.20	3:17:26	6:19	31	1:05:14	31	1:05:14	
VP6 - Buckow	4.92	31:58	6:29	20	10:15	20	10:15	36.12	3:49:24	6:21	29	1:15:14	29	1:15:14	
VP7 - Kirchhainer	6.17	39:50	6:27	19	11:20	19	11:20	42.29	4:29:14	6:21	27	1:25:54	27	1:25:54	
VP8 - Lichtenradi	4.37	29:59	6:51	24	9:43	24	9:43	46.66	4:59:13	6:24	27	1:35:37	27	1:35:37	
VP9 - Osdorfer St	5.71	37:37	6:35	22	11:07	22	11:07	52.37	5:36:50	6:25	26	1:46:04	26	1:46:04	
VP10 - Sportplatz	6.50	47:23	7:17	19	15:26	19	15:26	58.87	6:24:13	6:31	26	2:01:30	26	2:01:30	
VP11 - Königswe	6.22	47:01	7:33	44	20:26	44	20:26	65.09	7:11:14	6:37	28	2:19:29	28	2:19:29	
VP12 - Gedenkst	6.85	1:00:05	8:46	49	29:54	49	29:54	71.94	8:11:19	6:49	31	2:46:32	31	2:46:32	
VP13 - Brauhaus	6.88	1:02:06	9:01	49	31:23	49	31:23	78.82	9:13:25	7:01	34	3:13:43	34	3:13:43	
VP14 - Revierförs	5.70	56:16	9:52	49	29:29	49	29:29	84.52	10:09:41	7:12	37	3:38:48	37	3:38:48	
VP15 - Schloss S	6.24	57:30	9:12	45	29:02	45	29:02	90.76	11:07:11	7:21	41	4:03:22	41	4:03:22	
VP16 - Pagel & Fi	7.60	55:45	7:20	45	23:39	45	23:39	98.36	12:02:56	7:20	41	4:27:01	41	4:27:01	
VP17 - Karolinenl	4.91	37:27	7:37	43	16:11	43	16:11	103.27	12:40:23	7:21	43	4:43:12	43	4:43:12	
VP18 - Falkensee	6.60	46:06	6:59	34	16:27	34	16:27	109.87	13:26:29	7:20	42	4:59:39	42	4:59:39	
VP19 - Schönwal	5.95	48:58	8:13	42	22:08	42	22:08	115.82	14:15:27	7:23	43	5:21:47	43	5:21:47	
VP20 - Grenzturn	7.60	1:01:27	8:05	36	24:38	36	24:38	123.42	15:16:54	7:25	42	5:34:47	42	5:34:47	
VP21 - Ruderclub	4.78	37:02	7:44	34	17:48	34	17:48	128.20	15:53:56	7:26	41	5:48:52	41	5:48:52	
VP22 - Frohnau	4.07	29:30	7:14	40	12:44	40	12:44	132.27	16:23:26	7:26	41	5:57:43	41	5:57:43	
VP23 - Naturschu	6.61	47:47	7:13	39	19:44	39	19:44	138.88	17:11:13	7:25	42	6:10:54	42	6:10:54	
VP24 - Oranienbu	4.98	36:29	7:19	35	14:54	35	14:54	143.86	17:47:42	7:25	41	6:22:24	41	6:22:24	
VP25 - Laufftreff l	5.34	38:44	7:15	35	38:24	35	38:24	149.20	18:26:26	7:24	40	6:36:00	40	6:36:00	
VP26 - Wilhelmsr	5.72	39:45	6:56	33	18:33	33	18:33	154.92	19:06:11	7:23	39	6:50:26	39	6:50:26	
VP27 - Wollankst	3.02	26:57	8:55	31	12:34	31	12:34	157.94	19:33:08	7:25	39	7:03:00	39	7:03:00	
Friedrich-Ludwig	3.96	29:21	7:24	35	16:00	35	16:00	161.90	20:02:29	7:25	40	7:15:19	40	7:15:19	