



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Schleusenläufer

00: Schleusenläufer

00: 10013

00: 161.90 km

100MeilenBerlin - 10+ Staffel

0000:

10er+ Staffel

000: 13:48:57

00: 11.65 km/h

0000: 5:07 min/km

00000/0000: 4 (of 25)

00000/0000: 4 (of 25)

000000: 11:04:37

00000: 4(of 25)

0000000: 11:04:37

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
VP1 - Brandenbu	7.30	33:22	4:34	4	4:12	4	4:12	7.30	33:22	4:34	4	4:12	4	4:12
VP2 - East Side G	6.46	30:32	4:43	4	3:59	4	3:59	13.76	1:03:54	4:38	4	7:44	4	7:44
VP3 - Dammweg	5.90	27:53	4:43	5	2:11	5	2:11	19.66	1:31:47	4:40	4	9:15	4	9:15
VP4 - Johannisth	5.64	27:44	4:55	11	6:28	11	6:28	25.30	1:59:31	4:43	4	15:43	4	15:43
VP5 - U-Bahnhof	5.90	30:48	5:13	10	7:13	10	7:13	31.20	2:30:19	4:49	4	22:56	4	22:56
VP6 - Buckow	4.92	28:20	5:45	11	8:14	11	8:14	36.12	2:58:39	4:56	5	31:10	5	31:10
VP7 - Kirchhainer	6.17	30:18	4:54	5	5:12	5	5:12	42.29	3:28:57	4:56	5	36:22	5	36:22
VP8 - Lichtenradi	4.37	20:45	4:44	4	3:55	4	3:55	46.66	3:49:42	4:55	3	38:33	3	38:33
VP9 - Osdorfer St	5.71	26:36	4:39	4	2:14	4	2:14	52.37	4:16:18	4:53	3	40:47	3	40:47
VP10 - Sportplatz	6.50	35:14	5:25	9	10:15	9	10:15	58.87	4:51:32	4:57	4	47:37	4	47:37
VP11 - Königsw	6.22	33:40	5:24	9	8:12	9	8:12	65.09	5:25:12	4:59	3	54:36	3	54:36
VP12 - Gedenkst	6.85	37:25	5:27	9	10:38	9	10:38	71.94	6:02:37	5:02	4	1:04:17	4	1:04:17
VP13 - Brauhaus	6.88	35:53	5:12	8	10:02	8	10:02	78.82	6:38:30	5:03	3	1:14:19	3	1:14:19
VP14 - Revierförs	5.70	31:03	5:26	8	8:16	8	8:16	84.52	7:09:33	5:04	5	1:22:35	5	1:22:35
VP15 - Schloss S	6.24	33:18	5:20	9	8:17	9	8:17	90.76	7:42:51	5:05	6	1:30:52	6	1:30:52
VP16 - Pagel & Fi	7.60	35:27	4:39	3	3:06	3	3:06	98.36	8:18:18	5:03	4	1:33:58	4	1:33:58
VP17 - Karolinenl	4.91	31:11	6:21	14	13:36	14	13:36	103.27	8:49:29	5:07	5	1:45:53	5	1:45:53
VP18 - Falkensee	6.60	33:58	5:08	5	9:27	5	9:27	109.87	9:23:27	5:07	5	1:48:52	5	1:48:52
VP19 - Schönwal	5.95	27:23	4:36	7	4:15	7	4:15	115.82	9:50:50	5:06	4	1:53:07	4	1:53:07
VP20 - Grenzturn	7.60	35:33	4:40	7	4:51	7	4:51	123.42	10:26:23	5:04	4	1:57:25	4	1:57:25
VP21 - Ruderclub	4.78	20:38	4:18	4	2:28	4	2:28	128.20	10:47:01	5:02	4	1:58:23	4	1:58:23
VP22 - Frohnau	4.07	20:23	5:00	9	3:52	9	3:52	132.27	11:07:24	5:02	4	2:02:15	4	2:02:15
VP23 - Naturschu	6.61	32:58	4:59	10	6:26	10	6:26	138.88	11:40:22	5:02	4	2:07:46	4	2:07:46
VP24 - Oranienbu	4.98	25:19	5:05	9	6:07	9	6:07	143.86	12:05:41	5:02	4	2:12:03	4	2:12:03
VP25 - Laufftreff l	5.34	27:40	5:10	9	7:47	9	7:47	149.20	12:33:21	5:02	4	2:18:44	4	2:18:44
VP26 - Wilhelmsr	5.72	33:15	5:48	20	12:22	20	12:22	154.92	13:06:36	5:04	4	2:29:57	4	2:29:57
VP27 - Wollankst	3.02	18:40	6:10	14	6:55	14	6:55	157.94	13:25:16	5:05	4	2:36:00	4	2:36:00
Friedrich-Ludwig	3.96	23:41	5:58	14	8:20	14	8:20	161.90	13:48:57	5:07	4	2:44:20	4	2:44:20