



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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## DLZ-Laufherapeuten 24

□□: DLZ-Laufherapeuten 24

□□: 4042

□□: 161.90 km

100MeilenBerlin - 4er Staffel

□□□□:

4er Staffel

□□□: 21:04:17

□□: 7.64 km/h

□□□□: 7:49 min/km

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□□□□□□: 12:47:10

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