



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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## SCL Inklusionsstaffel 3

□□: SCL Inklusionsstaffel 3

□□: 4047

□□: 161.90 km

100MeilenBerlin - 4er Staffel

□□□□:

4er Staffel

□□□: 14:35:21

□□: 11.04 km/h

□□□□: 5:25 min/km

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□□□□□□: 12:47:10

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
VP1 - Brandenbu	7.30	39:25	5:23	18	10:10	18	10:10	7.30	39:25	5:23	18	10:10	18	10:10
VP2 - East Side G	6.46	36:15	5:36	18	9:28	18	9:28	13.76	1:15:40	5:29	19	19:38	19	19:38
VP3 - Dammweg	5.90	31:39	5:21	10	6:04	10	6:04	19.66	1:47:19	5:27	17	25:42	17	25:42
VP4 - Johannisth	5.64	28:29	5:03	6	3:48	6	3:48	25.30	2:15:48	5:22	12	28:56	12	28:56
VP5 - U-Bahnhof	5.90	32:29	5:30	10	7:09	10	7:09	31.20	2:48:17	5:23	11	36:05	11	36:05
VP6 - Buckow	4.92	27:33	5:35	9	5:50	9	5:50	36.12	3:15:50	5:25	11	41:40	11	41:40
VP7 - Kirchhainer	6.17	35:52	5:48	10	7:22	10	7:22	42.29	3:51:42	5:28	11	48:22	11	48:22
VP8 - Lichtenradi	4.37	26:11	5:59	13	5:55	13	5:55	46.66	4:17:53	5:31	12	54:17	12	54:17
VP9 - Osdorfer St	5.71	32:21	5:39	10	5:51	10	5:51	52.37	4:50:14	5:32	12	59:28	12	59:28
VP10 - Sportplatz	6.50	38:16	5:53	10	6:19	10	6:19	58.87	5:28:30	5:34	12	1:05:47	12	1:05:47
VP11 - Königswe	6.22	33:47	5:25	13	7:12	13	7:12	65.09	6:02:17	5:33	12	1:10:32	12	1:10:32
VP12 - Gedenkst	6.85	38:10	5:34	14	7:59	14	7:59	71.94	6:40:27	5:33	10	1:15:40	10	1:15:40
VP13 - Brauhaus	6.88	40:54	5:56	16	10:11	16	10:11	78.82	7:21:21	5:35	9	1:21:39	9	1:21:39
VP14 - Revierförs	5.70	36:30	6:24	16	9:43	16	9:43	84.52	7:57:51	5:39	9	1:26:58	9	1:26:58
VP15 - Schloss S	6.24	36:47	5:53	13	8:19	13	8:19	90.76	8:34:38	5:40	9	1:30:49	9	1:30:49
VP16 - Pagel & Fi	7.60	38:35	5:04	11	6:29	11	6:29	98.36	9:13:13	5:37	9	1:37:18	9	1:37:18
VP17 - Karolinenl	4.91	25:10	5:07	6	3:54	6	3:54	103.27	9:38:23	5:36	9	1:41:12	9	1:41:12
VP18 - Falkensee	6.60	36:21	5:30	8	6:42	8	6:42	109.87	10:14:44	5:35	8	1:47:54	8	1:47:54
VP19 - Schönwal	5.95	30:12	5:04	4	3:22	4	3:22	115.82	10:44:56	5:34	6	1:51:16	6	1:51:16
VP20 - Grenzturn	7.60	44:50	5:53	8	8:01	8	8:01	123.42	11:29:46	5:35	5	1:47:39	5	1:47:39
VP21 - Ruderclub	4.78	28:44	6:00	18	9:30	18	9:30	128.20	11:58:30	5:36	5	1:53:26	5	1:53:26
VP22 - Frohnau	4.07	18:49	4:37	3	2:03	3	2:03	132.27	12:17:19	5:34	5	1:51:36	5	1:51:36
VP23 - Naturschu	6.61	30:23	4:35	3	2:20	3	2:20	138.88	12:47:42	5:31	5	1:47:23	5	1:47:23
VP24 - Oranienbu	4.98	22:24	4:29	2	0:49	2	0:49	143.86	13:10:06	5:29	4	1:44:48	4	1:44:48
VP25 - Laufftreff l	5.34	24:26	4:34	3	24:06	3	24:06	149.20	13:34:32	5:27	4	1:44:06	4	1:44:06
VP26 - Wilhelmsr	5.72	26:03	4:33	5	4:51	5	4:51	154.92	14:00:35	5:25	4	1:44:50	4	1:44:50
VP27 - Wollankst	3.02	15:28	5:07	3	1:05	3	1:05	157.94	14:16:03	5:25	4	1:45:55	4	1:45:55
Friedrich-Ludwig	3.96	19:18	4:52	7	5:57	7	5:57	161.90	14:35:21	5:24	4	1:48:11	4	1:48:11