



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Die 4 Muskelkater

□□: Die 4 Muskelkater

□□: 4049

□□: 161.90 km

100MeilenBerlin - 4er Staffel

□□□□:

4er Staffel

□□□: 14:58:22

□□: 10.75 km/h

□□□□: 5:33 min/km

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□□□□□□: 12:47:10

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
VP1 - Brandenbu	7.30	29:15	4:00	1	-	1	-	7.30	29:15	4:00	1	-	1	-
VP2 - East Side G	6.46	26:48	4:08	2	0:01	2	0:01	13.76	56:03	4:04	2	0:01	2	0:01
VP3 - Dammweg	5.90	26:13	4:26	2	0:38	2	0:38	19.66	1:22:16	4:11	2	0:39	2	0:39
VP4 - Johannisth	5.64	24:41	4:22	1	-	1	-	25.30	1:46:57	4:13	2	0:05	2	0:05
VP5 - U-Bahnhof	5.90	25:30	4:19	2	0:10	2	0:10	31.20	2:12:27	4:14	2	0:15	2	0:15
VP6 - Buckow	4.92	21:43	4:24	1	-	1	-	36.12	2:34:10	4:16	1	-	1	-
VP7 - Kirchhainer	6.17	29:56	4:51	2	1:26	2	1:26	42.29	3:04:06	4:21	2	0:46	2	0:46
VP8 - Lichtenradi	4.37	22:38	5:10	3	2:22	3	2:22	46.66	3:26:44	4:25	2	3:08	2	3:08
VP9 - Osdorfer St	5.71	26:30	4:38	1	-	1	-	52.37	3:53:14	4:27	2	2:28	2	2:28
VP10 - Sportplatz	6.50	35:48	5:30	6	3:51	6	3:51	58.87	4:29:02	4:34	2	6:19	2	6:19
VP11 - Königsw	6.22	39:36	6:21	35	13:01	35	13:01	65.09	5:08:38	4:44	2	16:53	2	16:53
VP12 - Gedenkst	6.85	45:33	6:38	34	15:22	34	15:22	71.94	5:54:11	4:55	3	29:24	3	29:24
VP13 - Brauhaus	6.88	47:16	6:52	32	16:33	32	16:33	78.82	6:41:27	5:05	4	41:45	4	41:45
VP14 - Revierförs	5.70	43:49	7:41	32	17:02	32	17:02	84.52	7:25:16	5:16	4	54:23	4	54:23
VP15 - Schloss S	6.24	49:38	7:57	37	21:10	37	21:10	90.76	8:14:54	5:27	5	1:11:05	5	1:11:05
VP16 - Pagel & Fi	7.60	43:34	5:43	20	11:28	20	11:28	98.36	8:58:28	5:28	5	1:22:33	5	1:22:33
VP17 - Karolinenl	4.91	27:59	5:41	17	6:43	17	6:43	103.27	9:26:27	5:29	6	1:29:16	6	1:29:16
VP18 - Falkensee	6.60	43:18	6:33	33	13:39	33	13:39	109.87	10:09:45	5:32	6	1:42:55	6	1:42:55
VP19 - Schönwal	5.95	37:48	6:21	23	10:58	23	10:58	115.82	10:47:33	5:35	7	1:53:53	7	1:53:53
VP20 - Grenzturn	7.60	45:47	6:01	10	8:58	10	8:58	123.42	11:33:20	5:37	6	1:51:13	6	1:51:13
VP21 - Ruderclub	4.78	28:25	5:56	16	9:11	16	9:11	128.20	12:01:45	5:37	6	1:56:41	6	1:56:41
VP22 - Frohnau	4.07	19:42	4:50	7	2:56	7	2:56	132.27	12:21:27	5:36	6	1:55:44	6	1:55:44
VP23 - Naturschu	6.61	33:12	5:01	9	5:09	9	5:09	138.88	12:54:39	5:34	6	1:54:20	6	1:54:20
VP24 - Oranienbu	4.98	25:53	5:11	14	4:18	14	4:18	143.86	13:20:32	5:33	5	1:55:14	5	1:55:14
VP25 - Laufftreff l	5.34	28:32	5:20	13	28:12	13	28:12	149.20	13:49:04	5:33	6	1:58:38	6	1:58:38
VP26 - Wilhelmsr	5.72	29:47	5:12	12	8:35	12	8:35	154.92	14:18:51	5:32	5	2:03:06	5	2:03:06
VP27 - Wollankst	3.02	19:02	6:18	11	4:39	11	4:39	157.94	14:37:53	5:33	5	2:07:45	5	2:07:45
Friedrich-Ludwig	3.96	20:29	5:10	12	7:08	12	7:08	161.90	14:58:22	5:32	5	2:11:12	5	2:11:12