



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Marathon für Sonnenstrahl e.V.

□□□: 16:09:08

□□: Marathon für Sonnenstrahl e.V.

□□: 9.97 km/h

□□: 4016

□□□□: 5:59 min/km

□□: 161.90 km

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100MeilenBerlin - 4er Staffel

□□□□□/□□□: 12 (of 51)

□□□□□□: 12:47:10

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□□□□□: 12(of 51)

4er Staffel

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