



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Team

Team Laktat 3

Team: Team Laktat³

Team ID: 10022

Distance: 161.90 km

100MeilenBerlin - 10+ Staffel

Staffel:

10er+ Staffel

Time: 11:04:37

Avg Speed: 14.62 km/h

Avg Pace: 4:07 min/km

Rank: 1 (of 25)

Staffel Rank: 1 (of 25)

Staffel Time: 11:04:37

Staffel Rank: 1 (of 25)

Staffel Time: 11:04:37

Results

Rank

Time

VP	km	min	sec	min/km	-	-	min	sec	km	min	sec	-	-	min	sec
VP1 - Brandenbu	7.30	29:37	4:03	2	0:27	2	0:27		7.30	29:37	4:03	2	0:27	2	0:27
VP2 - East Side G	6.46	26:33	4:06	1	-	1	-		13.76	56:10	4:04	1	-	1	-
VP3 - Dammweg	5.90	26:22	4:28	3	0:40	3	0:40		19.66	1:22:32	4:11	1	-	1	-
VP4 - Johannisth	5.64	21:16	3:46	1	-	1	-		25.30	1:43:48	4:06	1	-	1	-
VP5 - U-Bahnhof	5.90	23:35	3:59	1	-	1	-		31.20	2:07:23	4:04	1	-	1	-
VP6 - Buckow	4.92	20:06	4:05	1	-	1	-		36.12	2:27:29	4:04	1	-	1	-
VP7 - Kirchhainer	6.17	25:06	4:04	1	-	1	-		42.29	2:52:35	4:04	1	-	1	-
VP8 - Lichtenradi	4.37	18:34	4:14	2	1:44	2	1:44		46.66	3:11:09	4:05	1	-	1	-
VP9 - Osdorfer St	5.71	24:22	4:16	1	-	1	-		52.37	3:35:31	4:06	1	-	1	-
VP10 - Sportplatz	6.50	28:24	4:22	2	3:25	2	3:25		58.87	4:03:55	4:08	1	-	1	-
VP11 - Königswe	6.22	26:41	4:17	2	1:13	2	1:13		65.09	4:30:36	4:09	1	-	1	-
VP12 - Gedenkst	6.85	29:21	4:17	2	2:34	2	2:34		71.94	4:59:57	4:10	2	1:37	2	1:37
VP13 - Brauhaus	6.88	30:27	4:25	3	4:36	3	4:36		78.82	5:30:24	4:11	2	6:13	2	6:13
VP14 - Revierförs	5.70	23:27	4:06	2	0:40	2	0:40		84.52	5:53:51	4:11	2	6:53	2	6:53
VP15 - Schloss S	6.24	25:51	4:08	2	0:50	2	0:50		90.76	6:19:42	4:11	2	7:43	2	7:43
VP16 - Pagel & Fi	7.60	32:47	4:18	2	0:26	2	0:26		98.36	6:52:29	4:11	2	8:09	2	8:09
VP17 - Karolinenl	4.91	17:35	3:34	1	-	1	-		103.27	7:10:04	4:09	2	6:28	2	6:28
VP18 - Falkensee	6.60	24:31	3:42	1	-	1	-		109.87	7:34:35	4:08	1	-	1	-
VP19 - Schönwal	5.95	23:08	3:53	1	-	1	-		115.82	7:57:43	4:07	1	-	1	-
VP20 - Grenzturn	7.60	31:15	4:06	2	0:33	2	0:33		123.42	8:28:58	4:07	1	-	1	-
VP21 - Ruderclub	4.78	19:40	4:06	2	1:30	2	1:30		128.20	8:48:38	4:07	1	-	1	-
VP22 - Frohnau	4.07	16:31	4:03	1	-	1	-		132.27	9:05:09	4:07	1	-	1	-
VP23 - Naturschu	6.61	27:27	4:09	3	0:55	3	0:55		138.88	9:32:36	4:07	1	-	1	-
VP24 - Oranienbu	4.98	21:02	4:13	3	1:50	3	1:50		143.86	9:53:38	4:07	1	-	1	-
VP25 - Laufftreff l	5.34	22:08	4:08	3	2:15	3	2:15		149.20	10:15:46	4:07	2	1:09	2	1:09
VP26 - Wilhelmsr	5.72	20:53	3:39	1	-	1	-		154.92	10:36:39	4:06	1	-	1	-
VP27 - Wollankst	3.02	12:37	4:10	2	0:52	2	0:52		157.94	10:49:16	4:06	1	-	1	-
Friedrich-Ludwig	3.96	15:21	3:52	1	-	1	-		161.90	11:04:37	4:06	1	-	1	-