



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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## Shisha Runners Berlin

□□: Shisha Runners Berlin

□□: 10005

□□: 161.90 km

100MeilenBerlin - 10+ Staffel

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10er+ Staffel

□□□: 17:22:14

□□: 9.27 km/h

□□□□: 6:26 min/km

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□□□□□□: 11:04:37

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