



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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## Laufen in Leipzig (LiL)

□□: Laufen in Leipzig (LiL)

□□: 4041

□□: 161.90 km

100MeilenBerlin - 4er Staffel

□□□□:

4er Staffel

□□□: 17:35:06

□□: 9.16 km/h

□□□□: 6:31 min/km

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□□□□□□: 12:47:10

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