



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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Team, TS4T

□□: Waldfriede

□□: 4015

□□: 161.70 km

100MeilenBerlin

□□□□:

4er-Staffel / 4-person relay

□□□: 13:45:00

□□: 11.76 km/h

□□□□: 5:06 min/km

□□□□□/□□□: 5 (of 459)

□□□□□/□□□: 4 (of 85)

□□□□□□: 12:25:29

□□□□□: 3(of 42)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Wilhelmsru	6.94	39:04	5:37	17	36:10	31	36:10	6.94	39:04	5:37	17	36:10	31	36:10
VP2 - Laufftreff Li	5.69	31:03	5:27	11	6:16	26	7:07	12.63	1:10:07	5:33	16	16:45	30	16:45
VP3 - Oranienbur	5.74	30:28	5:18	15	7:33	31	7:33	18.37	1:40:35	5:28	15	21:42	30	22:14
VP4 - Naturschut	4.70	28:00	5:57	12	6:36	25	6:51	23.07	2:08:35	5:34	15	28:18	31	29:05
VP5 - Frohnau	6.80	38:28	5:39	17	11:36	36	11:36	29.87	2:47:03	5:35	14	39:54	30	39:54
VP6 - Ruderclub	4.06	23:19	5:44	14	6:06	25	7:12	33.93	3:10:22	5:36	13	40:10	28	44:40
VP7 - Grenzturm	4.75	21:51	4:36	4	1:49	8	4:44	38.68	3:32:13	5:29	12	40:51	22	45:33
VP8 - Schönwald	7.52	34:36	4:36	2	1:25	6	6:43	46.20	4:06:49	5:20	11	56:46	18	56:46
VP9 - Falkenseer	5.76	26:39	4:37	1	-	2	4:16	51.96	4:33:28	5:15	7	33:38	13	45:18
VP10 - Karolinenl	6.54	31:45	4:51	1	-	1	-	58.50	5:05:13	5:13	6	29:57	12	44:21
VP11 - Pagel & Fi	4.90	24:10	4:55	4	1:18	5	2:19	63.40	5:29:23	5:11	6	28:06	12	42:01
VP12 - Schloss S	7.62	37:09	4:52	3	2:28	5	2:28	71.02	6:06:32	5:09	6	22:24	11	43:14
VP13 - Revierförs	6.21	28:16	4:33	4	1:45	5	4:08	77.23	6:34:48	5:06	5	22:47	9	39:42
VP14 - Brauhaus	6.00	26:52	4:28	6	1:42	9	4:17	83.23	7:01:40	5:03	5	23:26	9	37:22
VP15 - Gedenkst.	6.90	31:02	4:29	2	0:39	2	0:39	90.13	7:32:42	5:01	5	23:31	7	36:10
VP16 - Königswe	6.87	33:33	4:53	2	0:22	5	3:43	97.00	8:06:15	5:00	4	21:24	6	32:26
VP17 - Sportplatz	6.20	28:53	4:39	1	-	2	0:41	103.20	8:35:08	4:59	4	19:19	6	26:36
VP18 - Osdorfer	6.50	34:28	5:18	8	9:28	15	9:28	109.70	9:09:36	5:00	4	21:47	5	21:47
VP19 - Lichtenra	5.70	35:00	6:08	8	8:46	17	8:46	115.40	9:44:36	5:03	4	28:16	5	28:16
VP20 - Kirchhain	4.37	19:42	4:30	5	4:04	12	4:20	119.77	10:04:18	5:02	4	31:12	5	31:12
VP21 - Buckow	6.43	30:00	4:39	4	5:04	7	5:04	126.20	10:34:18	5:01	3	33:56	3	33:56
VP22 - Rudow	4.90	25:30	5:12	4	4:58	11	5:39	131.10	10:59:48	5:01	3	36:01	3	36:01
VP23 - Johannistl	5.90	31:45	5:22	5	4:19	17	8:14	137.00	11:31:33	5:02	3	39:24	3	39:24
VP24 - Dammwe	5.70	29:03	5:05	3	2:57	15	5:07	142.70	12:00:36	5:02	2	39:23	2	39:23
VP25 - East Side	5.80	32:32	5:36	2	0:21	8	4:25	148.50	12:33:08	5:04	2	33:56	3	33:56
VP26 - Checkpoir	5.28	21:40	4:06	1	-	7	4:49	153.78	12:54:48	5:02	2	31:02	3	31:02
VP27 - Gedenkst.	3.32	25:33	7:41	3	1:18	10	7:05	157.10	13:20:21	5:05	2	28:38	3	28:38
Friedrich-Ludwig	4.60	24:39	5:21	2	0:47	5	3:41	161.70	13:45:00	5:06	3	1:19:31	4	1:19:31