



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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Team, TS4T

□□: Plattfußkomando

□□: 4024

□□: 161.70 km

100MeilenBerlin

□□□□:

4er-Staffel / 4-person relay

□□□: 15:04:03

□□: 10.69 km/h

□□□□: 5:36 min/km

□□□□□/□□□: 21 (of 459)

□□□□□/□□□: 17 (of 85)

□□□□□□: 12:25:29

□□□□□: 7(of 42)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Wilhelmsru	6.94	38:05	5:29	13	35:11	25	35:11	6.94	38:05	5:29	13	35:11	25	35:11
VP2 - Laufftreff Li	5.69	31:52	5:36	15	7:05	32	7:56	12.63	1:09:57	5:32	13	16:35	25	16:35
VP3 - Oranienbur	5.74	29:47	5:11	12	6:52	25	6:52	18.37	1:39:44	5:25	13	20:51	26	21:23
VP4 - Naturschut	4.70	28:39	6:05	15	7:15	29	7:30	23.07	2:08:23	5:33	14	28:06	30	28:53
VP5 - Frohnau	6.80	38:47	5:42	19	11:55	38	11:55	29.87	2:47:10	5:35	15	40:01	31	40:01
VP6 - Ruderclub	4.06	25:41	6:19	23	8:28	39	9:34	33.93	3:12:51	5:41	15	42:39	31	47:09
VP7 - Grenzturm	4.75	22:55	4:49	8	2:53	12	5:48	38.68	3:35:46	5:34	14	44:24	26	49:06
VP8 - Schönwald	7.52	36:58	4:54	8	3:47	13	9:05	46.20	4:12:44	5:28	13	1:02:41	21	1:02:41
VP9 - Falkenseer	5.76	30:07	5:13	9	3:28	14	7:44	51.96	4:42:51	5:26	11	43:01	18	54:41
VP10 - Karolinenl	6.54	33:05	5:03	5	1:20	8	1:20	58.50	5:15:56	5:24	8	40:40	14	55:04
VP11 - Pagel & Fi	4.90	22:52	4:39	1	-	2	1:01	63.40	5:38:48	5:20	8	37:31	14	51:26
VP12 - Schloss S	7.62	34:41	4:33	1	-	1	-	71.02	6:13:29	5:15	8	29:21	14	50:11
VP13 - Revierförs	6.21	33:07	5:19	11	6:36	21	8:59	77.23	6:46:36	5:15	8	34:35	14	51:30
VP14 - Brauhaus	6.00	31:29	5:14	13	6:19	24	8:54	83.23	7:18:05	5:15	7	39:51	14	53:47
VP15 - Gedenkst.	6.90	35:37	5:09	10	5:14	16	5:14	90.13	7:53:42	5:15	6	44:31	11	57:10
VP16 - Königswe	6.87	41:48	6:05	11	8:37	32	11:58	97.00	8:35:30	5:18	6	50:39	13	1:01:41
VP17 - Sportplatz	6.20	34:20	5:32	10	5:27	20	6:08	103.20	9:09:50	5:19	6	54:01	13	1:01:18
VP18 - Osdorfer	6.50	31:37	4:51	5	6:37	9	6:37	109.70	9:41:27	5:18	6	53:38	12	53:38
VP19 - Lichtenra	5.70	33:42	5:54	5	7:28	12	7:28	115.40	10:15:09	5:19	6	58:49	12	58:49
VP20 - Kirchhain	4.37	20:50	4:46	7	5:12	18	5:28	119.77	10:35:59	5:18	6	1:02:53	12	1:02:53
VP21 - Buckow	6.43	32:11	5:00	6	7:15	10	7:15	126.20	11:08:10	5:17	7	1:07:48	12	1:07:48
VP22 - Rudow	4.90	29:02	5:55	9	8:30	25	9:11	131.10	11:37:12	5:19	7	1:13:25	13	1:13:25
VP23 - Johannistl	5.90	35:42	6:03	12	8:16	27	12:11	137.00	12:12:54	5:20	7	1:20:45	15	1:20:45
VP24 - Dammwe	5.70	35:29	6:13	12	9:23	31	11:33	142.70	12:48:23	5:23	7	1:27:10	15	1:27:10
VP25 - East Side	5.80	42:59	7:24	13	10:48	32	14:52	148.50	13:31:22	5:27	7	1:32:10	16	1:32:10
VP26 - Checkpoir	5.28	27:34	5:13	8	5:54	28	10:43	153.78	13:58:56	5:27	5	1:35:10	15	1:35:10
VP27 - Gedenkst.	3.32	33:59	10:14	20	9:44	45	15:31	157.10	14:32:55	5:33	5	1:41:12	15	1:41:12
Friedrich-Ludwig	4.60	31:08	6:46	15	7:16	34	10:10	161.70	15:04:03	5:35	7	2:38:34	17	2:38:34