



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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Team, TS4T

□□: Vier Lauffreunde

□□: 4037

□□: 161.70 km

100MeilenBerlin

□□□□:

4er-Staffel / 4-person relay

□□□: 15:18:43

□□: 10.51 km/h

□□□□: 5:41 min/km

□□□□□/□□□□: 28 (of 459)

□□□□□/□□□□: 23 (of 85)

□□□□□□: 12:25:29

□□□□□: 10(of 42)

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