



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Die Köthener Bachstelzen

□□□: 15:04:41

□□: 1015

□□: 10.68 km/h

□□□□: 5:35 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (104)

□□□□: 10 (of 31)

□□□□□□: 12:19:11

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□□□□□: 10(of 31)

10Plus-Staffel / 10plus relay

□□□□□□□: 12:19:11

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Checkpoint	8.60	45:57	5:20	7	5:24	7	5:24	8.60	45:57	5:20	7	5:24	7	5:24
VP2 - East Side G	4.80	22:28	4:40	6	2:57	6	2:57	13.40	1:08:25	5:06	6	8:08	6	8:08
VP3 - Dammweg	5.80	30:43	5:17	8	6:13	8	6:13	19.20	1:39:08	5:09	5	14:21	5	14:21
VP4 - Johannisth	5.70	27:55	4:53	8	5:32	8	5:32	24.90	2:07:03	5:06	5	19:53	5	19:53
VP5 - Imbiß "Am	9.50	46:51	4:55	3	5:21	3	5:21	34.40	2:53:54	5:03	6	21:41	6	21:41
VP6 - Buckow	4.50	22:46	5:03	5	3:26	5	3:26	38.90	3:16:40	5:03	6	22:19	6	22:19
□□□	7.60	32:52	4:19	2	1:21	2	1:21	46.50	3:49:32	4:56	3	17:13	3	17:13
VP8 - Osdorfer St	6.30	28:01	4:26	1	-	1	-	52.80	4:17:33	4:52	3	16:10	3	16:10
VP9 - Sportplatz	6.50	29:33	4:32	5	1:21	5	1:21	59.30	4:47:06	4:50	3	16:17	3	16:17
VP10 - Königswe	6.20	40:50	6:35	25	14:13	25	14:13	65.50	5:27:56	5:00	3	24:18	3	24:18
VP11 - Gedenkst	6.80	35:03	5:09	5	7:05	5	7:05	72.30	6:02:59	5:01	3	20:15	3	20:15
VP12 - Brauhaus	6.90	35:10	5:05	11	5:53	11	5:53	79.20	6:38:09	5:01	3	23:38	3	23:38
VP13 - Revierförs	5.70	30:16	5:18	8	5:23	8	5:23	84.90	7:08:25	5:02	3	25:59	3	25:59
VP14 - Schloss S	6.30	36:27	5:47	15	8:20	15	8:20	91.20	7:44:52	5:05	3	30:16	3	30:16
VP15 - Pagel & Fi	7.60	48:51	6:25	24	17:08	24	17:08	98.80	8:33:43	5:11	4	39:18	4	39:18
VP16 - Karolinenl	4.90	31:57	6:31	26	10:51	26	10:51	103.70	9:05:40	5:15	4	50:09	4	50:09
VP17 - Falkensee	6.50	43:43	6:43	29	13:46	29	13:46	110.20	9:49:23	5:20	5	1:03:55	5	1:03:55
VP18 - Schönwal	5.80	43:18	7:27	30	18:47	30	18:47	116.00	10:32:41	5:27	6	1:21:20	6	1:21:20
VP19 - Grenzturn	7.30	48:15	6:36	23	16:45	23	16:45	123.30	11:20:56	5:31	7	1:38:05	7	1:38:05
VP20 - Rudercluk	4.80	33:13	6:55	26	12:40	26	12:40	128.10	11:54:09	5:34	7	1:50:45	7	1:50:45
VP21 - Frohnau	4.10	23:15	5:40	14	5:08	14	5:08	132.20	12:17:24	5:34	8	1:55:53	8	1:55:53
VP22 - Naturschu	6.40	39:36	6:11	18	14:37	18	14:37	138.60	12:57:00	5:36	8	2:10:30	8	2:10:30
VP23 - Oranienbu	4.50	30:07	6:41	22	11:10	22	11:10	143.10	13:27:07	5:38	10	2:21:40	10	2:21:40
VP24 - Lauftreff l	5.30	27:35	5:12	10	6:06	10	6:06	148.40	13:54:42	5:37	10	2:27:46	10	2:27:46
VP25 - Wilhelmsr	5.70	29:52	5:14	11	6:55	11	6:55	154.10	14:24:34	5:36	9	2:34:41	9	2:34:41
VP26 - Wollankst	3.10	17:41	5:42	16	5:57	16	5:57	157.20	14:42:15	5:36	10	2:39:33	10	2:39:33
Friedrich-Ludwig	4.20	22:26	5:20	18	5:57	18	5:57	161.90	15:04:41	5:35	10	2:45:30	10	2:45:30