



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

□□□□

Mauerflitzer

□□□: 15:16:09

□□: 1030

□□: 10.54 km/h

□□□□: 5:40 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (104)

□□□□: 11 (of 31)

□□□□□□: 12:19:11

□□□□:

□□□□□: 11(of 31)

10Plus-Staffel / 10plus relay

□□□□□□□: 12:19:11

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Checkpoint	8.60	51:28	5:59	13	10:55	13	10:55	8.60	51:28	5:59	13	10:55	13	10:55
VP2 - East Side G	4.80	22:06	4:36	4	2:35	4	2:35	13.40	1:13:34	5:29	10	13:17	10	13:17
VP3 - Dammweg	5.80	35:09	6:03	16	10:39	16	10:39	19.20	1:48:43	5:39	11	23:56	11	23:56
VP4 - Johannisth	5.70	31:12	5:28	14	8:49	14	8:49	24.90	2:19:55	5:37	13	32:45	13	32:45
VP5 - Imbiß "Am	9.50	49:06	5:10	6	7:36	6	7:36	34.40	3:09:01	5:29	8	36:48	8	36:48
VP6 - Buckow	4.50	27:07	6:01	15	7:47	15	7:47	38.90	3:36:08	5:33	9	41:47	9	41:47
□□□	7.60	42:03	5:31	11	10:32	11	10:32	46.50	4:18:11	5:33	9	45:52	9	45:52
VP8 - Osdorfer St	6.30	33:29	5:18	7	5:28	7	5:28	52.80	4:51:40	5:31	8	50:17	8	50:17
VP9 - Sportplatz	6.50	34:28	5:18	13	6:16	13	6:16	59.30	5:26:08	5:29	8	55:19	8	55:19
VP10 - Königswe	6.20	35:00	5:38	15	8:23	15	8:23	65.50	6:01:08	5:30	10	57:30	10	57:30
VP11 - Gedenkst	6.80	41:58	6:10	17	14:00	17	14:00	72.30	6:43:06	5:34	11	1:00:22	11	1:00:22
VP12 - Brauhaus	6.90	41:12	5:58	23	11:55	23	11:55	79.20	7:24:18	5:36	12	1:09:47	12	1:09:47
VP13 - Revierförs	5.70	42:21	7:25	30	17:28	30	17:28	84.90	8:06:39	5:43	12	1:24:13	12	1:24:13
VP14 - Schloss S	6.30	32:03	5:05	6	3:56	6	3:56	91.20	8:38:42	5:41	12	1:24:06	12	1:24:06
VP15 - Pagel & Fi	7.60	41:14	5:25	11	9:31	11	9:31	98.80	9:19:56	5:40	11	1:25:31	11	1:25:31
VP16 - Karolinenl	4.90	25:15	5:09	8	4:09	8	4:09	103.70	9:45:11	5:38	11	1:29:40	11	1:29:40
VP17 - Falkensee	6.50	38:11	5:52	19	8:14	19	8:14	110.20	10:23:22	5:39	11	1:37:54	11	1:37:54
VP18 - Schönwal	5.80	37:59	6:32	25	13:28	25	13:28	116.00	11:01:21	5:42	13	1:50:00	13	1:50:00
VP19 - Grenzturn	7.30	42:56	5:52	17	11:26	17	11:26	123.30	11:44:17	5:42	12	2:01:26	12	2:01:26
VP20 - Rudercluk	4.80	28:05	5:51	15	7:32	15	7:32	128.10	12:12:22	5:43	11	2:08:58	11	2:08:58
VP21 - Frohnau	4.10	23:20	5:41	15	5:13	15	5:13	132.20	12:35:42	5:42	11	2:14:11	11	2:14:11
VP22 - Naturschu	6.40	37:26	5:50	13	12:27	13	12:27	138.60	13:13:08	5:43	11	2:26:38	11	2:26:38
VP23 - Oranienbu	4.50	29:05	6:27	18	10:08	18	10:08	143.10	13:42:13	5:44	11	2:36:46	11	2:36:46
VP24 - Lauftreff l	5.30	32:37	6:09	23	11:08	23	11:08	148.40	14:14:50	5:45	11	2:47:54	11	2:47:54
VP25 - Wilhelmsr	5.70	24:47	4:20	4	1:50	4	1:50	154.10	14:39:37	5:42	11	2:49:44	11	2:49:44
VP26 - Wollankst	3.10	18:42	6:01	19	6:58	19	6:58	157.20	14:58:19	5:42	11	2:55:37	11	2:55:37
Friedrich-Ludwig	4.20	17:50	4:14	3	1:21	3	1:21	161.90	15:16:09	5:39	11	2:56:58	11	2:56:58