



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

□□□□

Die gelben Pullunder

□□□: 15:31:14

□□: 1026

□□: 10.37 km/h

□□□□: 5:45 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (104)

□□□□: 13 (of 31)

□□□□□□: 12:19:11

□□□□:

□□□□□: 13(of 31)

10Plus-Staffel / 10plus relay

□□□□□□□: 12:19:11

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Checkpoint	8.60	40:36	4:43	2	0:03	2	0:03	8.60	40:36	4:43	2	0:03	2	0:03
VP2 - East Side G	4.80	19:47	4:07	2	0:16	2	0:16	13.40	1:00:23	4:30	2	0:06	2	0:06
VP3 - Dammweg	5.80	27:40	4:46	4	3:10	4	3:10	19.20	1:28:03	4:35	3	3:16	3	3:16
VP4 - Johannisth	5.70	26:10	4:35	4	3:47	4	3:47	24.90	1:54:13	4:35	3	7:03	3	7:03
VP5 - Imbiß "Am	9.50	49:40	5:13	8	8:10	8	8:10	34.40	2:43:53	4:45	3	11:40	3	11:40
VP6 - Buckow	4.50	28:59	6:26	21	9:39	21	9:39	38.90	3:12:52	4:57	4	18:31	4	18:31
□□□	7.60	49:02	6:27	22	17:31	22	17:31	46.50	4:01:54	5:12	6	29:35	6	29:35
VP8 - Osdorfer St	6.30	43:27	6:53	25	15:26	25	15:26	52.80	4:45:21	5:24	6	43:58	6	43:58
VP9 - Sportplatz	6.50	50:14	7:43	30	22:02	30	22:02	59.30	5:35:35	5:39	11	1:04:46	11	1:04:46
VP10 - Königswe	6.20	37:51	6:06	20	11:14	20	11:14	65.50	6:13:26	5:42	12	1:09:48	12	1:09:48
VP11 - Gedenkst	6.80	33:13	4:53	3	5:15	3	5:15	72.30	6:46:39	5:37	12	1:03:55	12	1:03:55
VP12 - Brauhaus	6.90	33:59	4:55	9	4:42	9	4:42	79.20	7:20:38	5:33	11	1:06:07	11	1:06:07
VP13 - Revierförs	5.70	30:35	5:21	9	5:42	9	5:42	84.90	7:51:13	5:33	11	1:08:47	11	1:08:47
VP14 - Schloss S	6.30	35:58	5:42	13	7:51	13	7:51	91.20	8:27:11	5:33	9	1:12:35	9	1:12:35
VP15 - Pagel & Fi	7.60	47:47	6:17	21	16:04	21	16:04	98.80	9:14:58	5:37	10	1:20:33	10	1:20:33
VP16 - Karolinenl	4.90	26:10	5:20	10	5:04	10	5:04	103.70	9:41:08	5:36	10	1:25:37	10	1:25:37
VP17 - Falkensee	6.50	36:43	5:38	15	6:46	15	6:46	110.20	10:17:51	5:36	10	1:32:23	10	1:32:23
VP18 - Schönwal	5.80	34:15	5:54	18	9:44	18	9:44	116.00	10:52:06	5:37	10	1:40:45	10	1:40:45
VP19 - Grenzturn	7.30	50:03	6:51	25	18:33	25	18:33	123.30	11:42:09	5:41	11	1:59:18	11	1:59:18
VP20 - Rudercluk	4.80	36:57	7:41	29	16:24	29	16:24	128.10	12:19:06	5:46	13	2:15:42	13	2:15:42
VP21 - Frohnau	4.10	24:25	5:57	18	6:18	18	6:18	132.20	12:43:31	5:46	13	2:22:00	13	2:22:00
VP22 - Naturschu	6.40	40:48	6:22	20	15:49	20	15:49	138.60	13:24:19	5:48	14	2:37:49	14	2:37:49
VP23 - Oranienbu	4.50	32:46	7:16	31	13:49	31	13:49	143.10	13:57:05	5:50	15	2:51:38	15	2:51:38
VP24 - Lauftreff l	5.30	28:01	5:17	11	6:32	11	6:32	148.40	14:25:06	5:49	15	2:58:10	15	2:58:10
VP25 - Wilhelmsr	5.70	30:31	5:21	14	7:34	14	7:34	154.10	14:55:37	5:48	14	3:05:44	14	3:05:44
VP26 - Wollankst	3.10	14:57	4:49	8	3:13	8	3:13	157.20	15:10:34	5:47	13	3:07:52	13	3:07:52
Friedrich-Ludwig	4.20	20:40	4:55	10	4:11	10	4:11	161.90	15:31:14	5:45	13	3:12:03	13	3:12:03