



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Laufklub Berlin

□□□: 15:34:31

□□: 1023

□□: 10.34 km/h

□□□□: 5:46 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (104)

□□□□: 15 (of 31)

□□□□□□: 12:19:11

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□□□□□: 15(of 31)

10Plus-Staffel / 10plus relay

□□□□□□□: 12:19:11

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Checkpoint	8.60	50:16	5:50	11	9:43	11	9:43	8.60	50:16	5:50	11	9:43	11	9:43
VP2 - East Side G	4.80	22:44	4:44	7	3:13	7	3:13	13.40	1:13:00	5:26	9	12:43	9	12:43
VP3 - Dammweg	5.80	40:45	7:01	23	16:15	23	16:15	19.20	1:53:45	5:55	15	28:58	15	28:58
VP4 - Johannisth	5.70	33:39	5:54	19	11:16	19	11:16	24.90	2:27:24	5:55	16	40:14	16	40:14
VP5 - Imbiß "Am	9.50	58:32	6:09	21	17:02	21	17:02	34.40	3:25:56	5:59	16	53:43	16	53:43
VP6 - Buckow	4.50	26:56	5:59	12	7:36	12	7:36	38.90	3:52:52	5:59	15	58:31	15	58:31
□□□	7.60	48:33	6:23	20	17:02	20	17:02	46.50	4:41:25	6:03	15	1:09:06	15	1:09:06
VP8 - Osdorfer St	6.30	45:08	7:09	28	17:07	28	17:07	52.80	5:26:33	6:11	20	1:25:10	20	1:25:10
VP9 - Sportplatz	6.50	53:09	8:10	31	24:57	31	24:57	59.30	6:19:42	6:24	23	1:48:53	23	1:48:53
VP10 - Königswe	6.20	52:03	8:23	31	25:26	31	25:26	65.50	7:11:45	6:35	26	2:08:07	26	2:08:07
VP11 - Gedenkst	6.80	38:52	5:42	12	10:54	12	10:54	72.30	7:50:37	6:30	24	2:07:53	24	2:07:53
VP12 - Brauhaus	6.90	35:09	5:05	10	5:52	10	5:52	79.20	8:25:46	6:23	24	2:11:15	24	2:11:15
VP13 - Revierförs	5.70	29:38	5:11	7	4:45	7	4:45	84.90	8:55:24	6:18	23	2:12:58	23	2:12:58
VP14 - Schloss S	6.30	34:31	5:28	12	6:24	12	6:24	91.20	9:29:55	6:14	23	2:15:19	23	2:15:19
VP15 - Pagel & F	7.60	42:06	5:32	14	10:23	14	10:23	98.80	10:12:01	6:11	21	2:17:36	21	2:17:36
VP16 - Karolinenl	4.90	23:31	4:47	3	2:25	3	2:25	103.70	10:35:32	6:07	21	2:20:01	21	2:20:01
VP17 - Falkensee	6.50	30:51	4:44	2	0:54	2	0:54	110.20	11:06:23	6:02	20	2:20:55	20	2:20:55
VP18 - Schönwal	5.80	26:15	4:31	3	1:44	3	1:44	116.00	11:32:38	5:58	19	2:21:17	19	2:21:17
VP19 - Grenzturn	7.30	41:51	5:43	14	10:21	14	10:21	123.30	12:14:29	5:57	17	2:31:38	17	2:31:38
VP20 - Rudercluk	4.80	27:28	5:43	12	6:55	12	6:55	128.10	12:41:57	5:56	17	2:38:33	17	2:38:33
VP21 - Frohnau	4.10	22:16	5:25	13	4:09	13	4:09	132.20	13:04:13	5:55	17	2:42:42	17	2:42:42
VP22 - Naturschu	6.40	35:56	5:36	11	10:57	11	10:57	138.60	13:40:09	5:55	16	2:53:39	16	2:53:39
VP23 - Oranienbu	4.50	26:34	5:54	14	7:37	14	7:37	143.10	14:06:43	5:55	16	3:01:16	16	3:01:16
VP24 - Laufftreff l	5.30	31:35	5:57	19	10:06	19	10:06	148.40	14:38:18	5:55	16	3:11:22	16	3:11:22
VP25 - Wilhelmsr	5.70	24:25	4:17	2	1:28	2	1:28	154.10	15:02:43	5:51	16	3:12:50	16	3:12:50
VP26 - Wollankst	3.10	13:58	4:30	5	2:14	5	2:14	157.20	15:16:41	5:49	16	3:13:59	16	3:13:59
Friedrich-Ludwig	4.20	17:50	4:14	3	1:21	3	1:21	161.90	15:34:31	5:46	15	3:15:20	15	3:15:20