



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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PANKRUNNERS - Aus Liebe zum Laufen□□: 16:44:35

□□: 1004

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (1004) □□□□: 23 (of 31)

□□: 9.67 km/h

□□□□: 6:12 min/km

□□□□□□: 12:19:11

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□□□□□□: 23(of 31)

10Plus-Staffel / 10plus relay

□□□□□□□□: 12:19:11

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