



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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## 2. Berlin Runners 10+ Läufer mit Herz□□□: 18:41:40

□□: 1003

□□: 8.61 km/h

□□□□: 6:56 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (10+): 29 (of 31)

□□□□□□: 12:19:11

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□□□□□: 29(of 31)

10Plus-Staffel / 10plus relay

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