



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Dank 1989 ein Team

□□□: 13:38:21

□□: 1032

□□: 11.80 km/h

□□□□: 5:03 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (104) □□□□: 3 (of 31)

□□□□□□: 12:19:11

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□□□□□: 3(of 31)

10Plus-Staffel / 10plus relay

□□□□□□: 12:19:11

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