



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 10.08.2018-12.08.2018

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LG Ultralauf

□□□: 17:43:53

□□: 2004

□□: 9.13 km/h

□□□□: 6:34 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (2) □□□□□: 5 (of 24)

□□□□□□: 15:13:59

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□□□□□: 5(of 24)

2er-Staffel / 2-person relay

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