



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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KD 101

□□□: 15:17:22

□□: 4048

□□: 10.59 km/h

□□□□: 5:40 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 11 (of 57)

□□□□□□: 11:58:38

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□□□□□: 11(of 57)

4er-Staffel / 4-person relay

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