



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Berlin Social Runners

□□□: 15:39:42

□□: 4041

□□: 10.34 km/h

□□□□: 5:48 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 16 (of 57)

□□□□□□: 11:58:38

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□□□□□: 16(of 57)

4er-Staffel / 4-person relay

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