



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Nachmittagsläufer

□□□: 16:08:10

□□: 4018

□□: 9.98 km/h

□□□□: 5:59 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 18 (of 57)

□□□□□□: 11:58:38

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□□□□□: 18(of 57)

4er-Staffel / 4-person relay

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