



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Elbsprinter

□□□: 16:41:59

□□: 4016

□□: 9.64 km/h

□□□□: 6:11 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 21 (of 57)

□□□□□□: 11:58:38

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□□□□□: 21(of 57)

4er-Staffel / 4-person relay

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