



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Leistungszentrum Lichtenrade

□□□: 13:34:34

□□: 4047

□□: 11.93 km/h

□□□□: 5:02 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 3 (of 57)

□□□□□□: 11:58:38

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□□□□□: 3(of 57)

4er-Staffel / 4-person relay

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
VP1 - Checkpoint	8.60	45:45	5:19	4	4:54	4	4:54	8.60	45:45	5:19	4	4:54	4	4:54
VP2 - East Side G	4.80	22:29	4:41	4	1:44	4	1:44	13.40	1:08:14	5:05	4	6:38	4	6:38
VP3 - Dammweg	5.80	31:36	5:26	7	7:00	7	7:00	19.20	1:39:50	5:11	4	13:38	4	13:38
VP4 - Johannisth	5.70	29:16	5:08	5	6:42	5	6:42	24.90	2:09:06	5:11	4	20:20	4	20:20
VP5 - Imbiß "Am	9.50	47:59	5:03	4	7:54	4	7:54	34.40	2:57:05	5:08	4	28:14	4	28:14
VP6 - Buckow	4.50	23:42	5:15	3	3:36	3	3:36	38.90	3:20:47	5:09	4	31:50	4	31:50
□□□	7.60	38:52	5:06	4	6:00	4	6:00	46.50	3:59:39	5:09	4	37:50	4	37:50
VP8 - Osdorfer St	6.30	32:59	5:14	5	5:18	5	5:18	52.80	4:32:38	5:09	4	43:08	4	43:08
VP9 - Sportplatz	6.50	33:18	5:07	4	4:37	4	4:37	59.30	5:05:56	5:09	4	47:45	4	47:45
VP10 - Königswe	6.20	27:18	4:24	5	0:53	5	0:53	65.50	5:33:14	5:05	4	48:00	4	48:00
VP11 - Gedenkst	6.80	30:23	4:28	5	0:56	5	0:56	72.30	6:03:37	5:01	4	48:56	4	48:56
VP12 - Brauhaus	6.90	30:06	4:21	4	25:19	4	25:19	79.20	6:33:43	4:58	4	49:10	4	49:10
VP13 - Revierförs	5.70	25:56	4:32	3	0:56	3	0:56	84.90	6:59:39	4:56	3	48:00	3	48:00
VP14 - Schloss S	6.30	28:52	4:34	5	1:44	5	1:44	91.20	7:28:31	4:55	2	48:12	2	48:12
VP15 - Pagel & Fi	7.60	37:16	4:54	8	5:41	8	5:41	98.80	8:05:47	4:55	3	53:53	3	53:53
VP16 - Karolinenl	4.90	25:27	5:11	14	5:19	14	5:19	103.70	8:31:14	4:55	3	59:12	3	59:12
VP17 - Falkensee	6.50	34:37	5:19	13	6:59	13	6:59	110.20	9:05:51	4:57	3	1:06:11	3	1:06:11
VP18 - Schönwal	5.80	30:52	5:19	13	6:54	13	6:54	116.00	9:36:43	4:58	3	1:13:05	3	1:13:05
VP19 - Grenzturn	7.30	43:20	5:56	17	10:12	17	10:12	123.30	10:20:03	5:01	3	1:23:17	3	1:23:17
VP20 - Rudercluk	4.80	28:14	5:52	17	6:21	17	6:21	128.10	10:48:17	5:03	3	1:29:38	3	1:29:38
VP21 - Frohnau	4.10	20:18	4:57	6	2:42	6	2:42	132.20	11:08:35	5:03	3	1:32:20	3	1:32:20
VP22 - Naturschu	6.40	31:44	4:57	5	4:46	5	4:46	138.60	11:40:19	5:03	3	1:35:17	3	1:35:17
VP23 - Oranienbu	4.50	22:35	5:01	4	3:33	4	3:33	143.10	12:02:54	5:03	3	1:34:49	3	1:34:49
VP24 - Lauftreff l	5.30	26:27	4:59	5	3:47	5	3:47	148.40	12:29:21	5:02	3	1:35:13	3	1:35:13
VP25 - Wilhelmsr	5.70	28:31	5:00	4	4:26	4	4:26	154.10	12:57:52	5:02	3	1:35:58	3	1:35:58
VP26 - Wollankst	3.10	15:42	5:03	5	2:30	5	2:30	157.20	13:13:34	5:02	3	1:36:22	3	1:36:22
Friedrich-Ludwig	4.20	21:00	5:00	4	3:05	4	3:05	161.90	13:34:34	5:01	3	1:35:56	3	1:35:56