



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Laufwundr

□□□: 18:02:41

□□: 4001

□□: 8.92 km/h

□□□□: 6:41 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 31 (of 57)

□□□□□□: 11:58:38

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□□□□□: 31(of 57)

4er-Staffel / 4-person relay

□□□□□□□: 11:58:38

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