



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Die Meisels

□□□: 14:16:02

□□: 4002

□□: 11.28 km/h

□□□□: 5:17 min/km

□□: 161.90 km

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

□□□□□□: 11:58:38

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□□□□□: 4(of 57)

4er-Staffel / 4-person relay

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Checkpoint	8.60	40:55	4:45	3	0:04	3	0:04	8.60	40:55	4:45	3	0:04	3	0:04
VP2 - East Side G	4.80	20:57	4:21	2	0:12	2	0:12	13.40	1:01:52	4:37	2	0:16	2	0:16
VP3 - Dammweg	5.80	25:42	4:25	2	1:06	2	1:06	19.20	1:27:34	4:33	2	1:22	2	1:22
VP4 - Johannisth	5.70	24:56	4:22	2	2:22	2	2:22	24.90	1:52:30	4:31	2	3:44	2	3:44
VP5 - Imbiß "Am	9.50	41:59	4:25	2	1:54	2	1:54	34.40	2:34:29	4:29	2	5:38	2	5:38
VP6 - Buckow	4.50	21:45	4:49	2	1:39	2	1:39	38.90	2:56:14	4:31	2	7:17	2	7:17
□□□	7.60	38:11	5:01	3	5:19	3	5:19	46.50	3:34:25	4:36	2	12:36	2	12:36
VP8 - Osdorfer St	6.30	28:07	4:27	2	0:26	2	0:26	52.80	4:02:32	4:35	2	13:02	2	13:02
VP9 - Sportplatz	6.50	30:34	4:42	2	1:53	2	1:53	59.30	4:33:06	4:36	2	14:55	2	14:55
VP10 - Königswe	6.20	34:22	5:32	23	7:57	23	7:57	65.50	5:07:28	4:41	2	22:14	2	22:14
VP11 - Gedenkst	6.80	38:16	5:37	21	8:49	21	8:49	72.30	5:45:44	4:46	2	31:03	2	31:03
VP12 - Brauhaus	6.90	40:00	5:47	22	35:13	22	35:13	79.20	6:25:44	4:52	2	41:11	2	41:11
VP13 - Revierförs	5.70	37:27	6:34	31	12:27	31	12:27	84.90	7:03:11	4:59	4	51:32	4	51:32
VP14 - Schloss S	6.30	37:16	5:54	25	10:08	25	10:08	91.20	7:40:27	5:02	4	1:00:08	4	1:00:08
VP15 - Pagel & F	7.60	41:51	5:30	25	10:16	25	10:16	98.80	8:22:18	5:05	4	1:10:24	4	1:10:24
VP16 - Karolinenl	4.90	27:13	5:33	20	7:05	20	7:05	103.70	8:49:31	5:06	4	1:17:29	4	1:17:29
VP17 - Falkensee	6.50	36:01	5:32	20	8:23	20	8:23	110.20	9:25:32	5:07	4	1:25:52	4	1:25:52
VP18 - Schönwal	5.80	32:12	5:33	18	8:14	18	8:14	116.00	9:57:44	5:09	4	1:34:06	4	1:34:06
VP19 - Grenzturn	7.30	40:30	5:32	10	7:22	10	7:22	123.30	10:38:14	5:10	4	1:41:28	4	1:41:28
VP20 - Rudercluk	4.80	24:55	5:11	7	3:02	7	3:02	128.10	11:03:09	5:10	4	1:44:30	4	1:44:30
VP21 - Frohnau	4.10	22:22	5:27	18	4:46	18	4:46	132.20	11:25:31	5:11	4	1:49:16	4	1:49:16
VP22 - Naturschu	6.40	36:01	5:37	16	9:03	16	9:03	138.60	12:01:32	5:12	4	1:56:30	4	1:56:30
VP23 - Oranienbu	4.50	28:01	6:13	23	8:59	23	8:59	143.10	12:29:33	5:14	4	2:01:28	4	2:01:28
VP24 - Lauftreff l	5.30	31:07	5:52	16	8:27	16	8:27	148.40	13:00:40	5:15	4	2:06:32	4	2:06:32
VP25 - Wilhelmsr	5.70	32:39	5:43	14	8:34	14	8:34	154.10	13:33:19	5:16	4	2:11:25	4	2:11:25
VP26 - Wollankst	3.10	19:55	6:25	17	6:43	17	6:43	157.20	13:53:14	5:18	4	2:16:02	4	2:16:02
Friedrich-Ludwig	4.20	22:48	5:25	11	4:53	11	4:53	161.90	14:16:02	5:17	4	2:17:24	4	2:17:24