



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Die dynamischen 4

□□□: 19:14:30

□□: 4053

□□: 8.41 km/h

□□□□: 7:08 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 42 (of 57)

□□□□□□: 11:58:38

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□□□□□: 42(of 57)

4er-Staffel / 4-person relay

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