



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Die Heissen Sohlen

□□□: 14:18:47

□□: 4040

□□: 11.31 km/h

□□□□: 5:18 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 5 (of 57)

□□□□□□: 11:58:38

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□□□□□: 5(of 57)

4er-Staffel / 4-person relay

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
VP1 - Checkpoint	8.60	54:14	6:18	19	13:23	19	13:23	8.60	54:14	6:18	19	13:23	19	13:23
VP2 - East Side G	4.80	26:07	5:26	15	5:22	15	5:22	13.40	1:20:21	5:59	18	18:45	18	18:45
VP3 - Dammweg	5.80	33:10	5:43	10	8:34	10	8:34	19.20	1:53:31	5:54	17	27:19	17	27:19
VP4 - Johannisth	5.70	31:34	5:32	15	9:00	15	9:00	24.90	2:25:05	5:49	16	36:19	16	36:19
VP5 - Imbiß "Am	9.50	57:31	6:03	23	17:26	23	17:26	34.40	3:22:36	5:53	18	53:45	18	53:45
VP6 - Buckow	4.50	29:15	6:30	21	9:09	21	9:09	38.90	3:51:51	5:57	19	1:02:54	19	1:02:54
□□□	7.60	44:07	5:48	10	11:15	10	11:15	46.50	4:35:58	5:56	16	1:14:09	16	1:14:09
VP8 - Osdorfer St	6.30	49:31	7:51	38	21:50	38	21:50	52.80	5:25:29	6:09	23	1:35:59	23	1:35:59
VP9 - Sportplatz	6.50	38:30	5:55	15	9:49	15	9:49	59.30	6:03:59	6:08	22	1:45:48	22	1:45:48
VP10 - Königswe	6.20	27:05	4:22	4	0:40	4	0:40	65.50	6:31:04	5:58	16	1:45:50	16	1:45:50
VP11 - Gedenkst	6.80	30:00	4:24	4	0:33	4	0:33	72.30	7:01:04	5:49	12	1:46:23	12	1:46:23
VP12 - Brauhaus	6.90	29:50	4:19	2	25:03	2	25:03	79.20	7:30:54	5:41	9	1:46:21	9	1:46:21
VP13 - Revierförs	5.70	25:30	4:28	2	0:30	2	0:30	84.90	7:56:24	5:36	8	1:44:45	8	1:44:45
VP14 - Schloss S	6.30	29:36	4:41	6	2:28	6	2:28	91.20	8:26:00	5:32	7	1:45:41	7	1:45:41
VP15 - Pagel & Fi	7.60	34:55	4:35	3	3:20	3	3:20	98.80	9:00:55	5:28	6	1:49:01	6	1:49:01
VP16 - Karolinenl	4.90	22:45	4:38	3	2:37	3	2:37	103.70	9:23:40	5:26	6	1:51:38	6	1:51:38
VP17 - Falkensee	6.50	32:07	4:56	4	4:29	4	4:29	110.20	9:55:47	5:24	6	1:56:07	6	1:56:07
VP18 - Schönwal	5.80	29:41	5:07	8	5:43	8	5:43	116.00	10:25:28	5:23	6	2:01:50	6	2:01:50
VP19 - Grenzturn	7.30	37:16	5:06	3	4:08	3	4:08	123.30	11:02:44	5:22	5	2:05:58	5	2:05:58
VP20 - Rudercluk	4.80	24:32	5:06	5	2:39	5	2:39	128.10	11:27:16	5:21	5	2:08:37	5	2:08:37
VP21 - Frohnau	4.10	21:14	5:10	12	3:38	12	3:38	132.20	11:48:30	5:21	5	2:12:15	5	2:12:15
VP22 - Naturschu	6.40	32:49	5:07	9	5:51	9	5:51	138.60	12:21:19	5:20	5	2:16:17	5	2:16:17
VP23 - Oranienbu	4.50	23:30	5:13	9	4:28	9	4:28	143.10	12:44:49	5:20	5	2:16:44	5	2:16:44
VP24 - Laufftreff l	5.30	27:32	5:11	7	4:52	7	4:52	148.40	13:12:21	5:20	5	2:18:13	5	2:18:13
VP25 - Wilhelmsr	5.70	29:11	5:07	6	5:06	6	5:06	154.10	13:41:32	5:19	5	2:19:38	5	2:19:38
VP26 - Wollankst	3.10	17:35	5:40	8	4:23	8	4:23	157.20	13:59:07	5:20	5	2:21:55	5	2:21:55
Friedrich-Ludwig	4.20	19:40	4:40	2	1:45	2	1:45	161.90	14:18:47	5:18	5	2:20:09	5	2:20:09