



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Pankrunners Grenzgänger

□□□: 21:20:52

□□: 4010

□□: 7.58 km/h

□□□□: 7:55 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 50 (of 57)

□□□□□□: 11:58:38

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□□□□□: 50(of 57)

4er-Staffel / 4-person relay

□□□□□□□: 11:58:38

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