



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

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Pankrunners Grenzgänger

□□□: 21:20:52

□□: 4010

□□: 7.54 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

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|--------------------|------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | 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 |