



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

□□□□

Vital 4 Runners

□□□: 22:30:15

□□: 4003

□□: 7.15 km/h

□□□□: 8:20 min/km

□□: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (4) □□□□□: 53 (of 57)

□□□□□□: 11:58:38

□□□□:

□□□□□: 53(of 57)

4er-Staffel / 4-person relay

□□□□□□: 11:58:38

□□□□

□□□□

□□□

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