



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Okada, Takashi

□□: Ginza Sanshu-ya

□□: 188

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 29:11:58

□□: 5.51 km/h

□□□□: 10:49 min/km

□□□□□/□□□□: 226 (of 319)

□□□□□/□: 182 (of 257)

□□□□□□: 15:20:48

□□□□□: 40(of 59)

□□□□□□□: 17:12:46

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□□□

| □□□                 | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>-  | □□<br>□ | □□<br>□  |
|---------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|----------|---------|----------|
| VP1 - Brandenbu     | 7.30     | 48:50    | 6:41         | 35      | 13:59   | 124     | 15:33   | 7.30   | 48:50     | 6:41          | 35      | 13:59    | 124     | 15:33    |
| VP2 - East Side C   | 6.46     | 42:34    | 6:35         | 27      | 12:28   | 102     | 12:28   | 13.76  | 1:31:24   | 6:38          | 31      | 26:20    | 114     | 27:46    |
| VP3 - Dammweg       | 5.90     | 40:04    | 6:47         | 33      | 12:29   | 119     | 12:29   | 19.66  | 2:11:28   | 6:41          | 30      | 38:47    | 116     | 38:47    |
| VP4 - Johannisth    | 5.64     | 43:09    | 7:39         | 46      | 16:34   | 182     | 16:34   | 25.30  | 2:54:37   | 6:54          | 35      | 55:21    | 130     | 55:21    |
| VP5 - U-Bahnhof     | 5.90     | 45:07    | 7:38         | 41      | 16:13   | 164     | 16:13   | 31.20  | 3:39:44   | 7:02          | 35      | 1:11:12  | 134     | 1:11:12  |
| VP6 - Buckow        | 4.92     | 40:56    | 8:19         | 44      | 16:18   | 176     | 16:18   | 36.12  | 4:20:40   | 7:13          | 38      | 1:27:30  | 144     | 1:27:30  |
| VP7 - Kirchhainer   | 6.17     | 1:04:51  | 10:30        | 52      | 33:47   | 227     | 33:47   | 42.29  | 5:25:31   | 7:41          | 45      | 2:01:17  | 177     | 2:01:17  |
| VP8 - Lichtenradi   | 4.37     | 38:30    | 8:48         | 49      | 16:25   | 205     | 16:25   | 46.66  | 6:04:01   | 7:48          | 47      | 2:17:42  | 185     | 2:17:42  |
| VP9 - Osdorfer St   | 5.71     | 46:17    | 8:06         | 44      | 16:45   | 178     | 16:45   | 52.37  | 6:50:18   | 7:50          | 47      | 2:34:27  | 183     | 2:34:27  |
| VP10 - Sportplatz   | 6.50     | 1:24:19  | 12:58        | 50      | 49:29   | 203     | 49:29   | 58.87  | 8:14:37   | 8:24          | 49      | 3:23:56  | 191     | 3:23:56  |
| VP11 - Königswe     | 6.22     | 1:01:34  | 9:53         | 43      | 26:29   | 186     | 27:24   | 65.09  | 9:16:11   | 8:32          | 47      | 3:43:58  | 191     | 3:43:58  |
| VP12 - Gedenkst     | 6.85     | 1:01:47  | 9:01         | 35      | 21:14   | 121     | 23:24   | 71.94  | 10:17:58  | 8:35          | 46      | 4:03:13  | 180     | 4:03:13  |
| VP13 - Brauhaus     | 6.88     | 1:17:39  | 11:17        | 48      | 35:10   | 200     | 38:59   | 78.82  | 11:35:37  | 8:49          | 45      | 4:37:12  | 185     | 4:37:12  |
| VP14 - Revierförs   | 5.70     | 55:46    | 9:47         | 38      | 21:26   | 150     | 23:42   | 84.52  | 12:31:23  | 8:53          | 43      | 4:58:38  | 180     | 4:58:38  |
| VP15 - Schloss S    | 6.24     | 1:42:43  | 16:27        | 44      | 1:03:29 | 201     | 1:06:12 | 90.76  | 14:14:06  | 9:24          | 44      | 6:02:07  | 191     | 6:02:07  |
| VP16 - Pagel & Fi   | 7.60     | 1:33:08  | 12:15        | 45      | 44:55   | 200     | 49:25   | 98.36  | 15:47:14  | 9:37          | 44      | 6:47:02  | 196     | 6:47:02  |
| VP17 - Karolinenl   | 4.91     | 1:04:32  | 13:08        | 43      | 32:51   | 197     | 36:05   | 103.27 | 16:51:46  | 9:47          | 42      | 7:18:37  | 191     | 7:20:11  |
| VP18 - Falkensee    | 6.60     | 1:48:55  | 16:30        | 44      | 1:06:24 | 206     | 1:10:33 | 109.87 | 18:40:41  | 10:12         | 42      | 8:20:43  | 200     | 8:29:46  |
| VP19 - Schönwal     | 5.95     | 1:15:35  | 12:42        | 41      | 37:24   | 170     | 40:19   | 115.82 | 19:56:16  | 10:19         | 42      | 8:54:19  | 197     | 9:10:05  |
| VP20 - Grenzturn    | 7.60     | 1:33:16  | 12:16        | 41      | 46:15   | 163     | 50:05   | 123.42 | 21:29:32  | 10:26         | 40      | 9:31:40  | 193     | 10:00:10 |
| VP21 - Ruderclub    | 4.78     | 1:04:30  | 13:29        | 34      | 32:00   | 138     | 37:15   | 128.20 | 22:34:02  | 10:33         | 40      | 9:57:47  | 189     | 10:37:25 |
| VP22 - Frohnau      | 4.07     | 42:49    | 10:31        | 26      | 15:40   | 104     | 18:20   | 132.27 | 23:16:51  | 10:33         | 40      | 10:12:15 | 187     | 10:55:39 |
| VP23 - Naturschu    | 6.61     | 1:20:54  | 12:14        | 36      | 34:09   | 145     | 41:15   | 138.88 | 24:37:45  | 10:38         | 40      | 10:44:30 | 183     | 11:35:27 |
| VP24 - Oranienbu    | 4.98     | 58:58    | 11:50        | 34      | 26:37   | 134     | 29:12   | 143.86 | 25:36:43  | 10:40         | 40      | 11:02:59 | 180     | 12:03:44 |
| VP25 - Laufftreff l | 5.34     | 59:20    | 11:06        | 32      | 29:23   | 114     | 29:23   | 149.20 | 26:36:03  | 10:41         | 40      | 11:11:44 | 178     | 12:30:14 |
| VP26 - Wilhelmsr    | 5.72     | 1:03:55  | 11:10        | 36      | 30:23   | 160     | 31:47   | 154.92 | 27:39:58  | 10:42         | 40      | 11:24:04 | 181     | 13:01:31 |
| VP27 - Wollankst    | 3.02     | 44:12    | 14:38        | 40      | 25:50   | 175     | 34:37   | 157.94 | 28:24:10  | 10:47         | 40      | 11:36:55 | 180     | 20:53:01 |
| Friedrich-Ludwig    | 3.96     | 47:48    | 12:04        | 40      | 27:23   | 184     | 27:23   | 161.90 | 29:11:58  | 10:49         | 40      | 11:59:12 | 182     | 13:51:10 |