



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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RAVER SHAPIRA, Nina

□□□: 22:17:50

□□: ZONE3

□□: 7.25 km/h

□□: 129

□□□□: 8:16 min/km

□□: 161.70 km

□□□□□/□□□□: 175 (of 459)

100MeilenBerlin

□□□□□/□: 9 (of 72)

□□□□□□: 17:20:20

□□□□:

□□□□□: 2(of 14)

Seniorinnen W40 (40-44 Jahre)

□□□□□□□: 17:20:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	48:58	7:03	10	12:01	37	12:01	6.94	48:58	7:03	10	12:01	37	12:01
VP2 - Laufftreff Li	5.69	43:55	7:43	11	12:15	47	12:24	12.63	1:32:53	7:21	11	24:16	44	24:16
VP3 - Oranienbur	5.74	39:04	6:48	8	8:27	31	8:37	18.37	2:11:57	7:10	11	32:43	40	32:43
VP4 - Naturschut	4.70	37:51	8:03	10	9:05	38	9:35	23.07	2:49:48	7:21	10	41:48	39	41:48
VP5 - Frohnau	6.80	47:54	7:02	9	10:23	30	11:17	29.87	3:37:42	7:17	10	52:11	37	52:11
VP6 - Ruderclub	4.06	35:13	8:40	8	11:19	31	12:28	33.93	4:12:55	7:27	10	1:03:30	34	1:04:29
VP7 - Grenzturm	4.75	34:43	7:18	7	5:09	26	8:35	38.68	4:47:38	7:26	10	1:08:39	35	1:13:04
VP8 - Schönwald	7.52	53:37	7:07	7	8:50	23	11:16	46.20	5:41:15	7:23	10	1:17:29	30	1:24:20
VP9 - Falkenseer	5.76	44:13	7:40	5	7:33	21	9:47	51.96	6:25:28	7:25	9	1:25:02	29	1:33:17
VP10 - Karolinenl	6.54	51:01	7:48	7	11:09	27	11:40	58.50	7:16:29	7:27	9	1:36:11	29	1:43:55
VP11 - Pagel & Fi	4.90	41:23	8:26	9	10:33	31	11:04	63.40	7:57:52	7:32	9	1:46:44	29	1:54:59
VP12 - Schloss S	7.62	59:04	7:45	3	9:32	13	13:25	71.02	8:56:56	7:33	8	1:56:16	26	2:08:24
VP13 - Revierförs	6.21	46:56	7:33	4	7:50	14	7:50	77.23	9:43:52	7:33	7	2:04:06	24	2:15:52
VP14 - Brauhaus	6.00	46:05	7:40	6	10:20	19	10:20	83.23	10:29:57	7:34	7	2:14:26	23	2:22:43
VP15 - Gedenkst.	6.90	52:26	7:35	4	9:57	13	11:11	90.13	11:22:23	7:34	7	2:24:23	21	2:25:58
VP16 - Königswe	6.87	55:17	8:02	2	8:08	8	8:08	97.00	12:17:40	7:36	7	2:32:31	20	2:32:31
VP17 - Sportplatz	6.20	-	-	10		55		103.20	12:17:40	7:08	4	1:40:37	9	1:40:37
VP18 - Osdorfer	6.50	1:55:23	17:45	9	1:13:40	51	1:13:40	109.70	14:13:03	7:46	7	2:54:17	19	2:54:17
VP19 - Lichtenra	5.70	57:01	10:00	5	14:24	19	15:40	115.40	15:10:04	7:53	7	3:08:41	18	3:08:41
VP20 - Kirchhain	4.37	39:01	8:55	6	12:16	17	12:16	119.77	15:49:05	7:55	7	3:20:57	17	3:20:57
VP21 - Buckow	6.43	55:43	8:39	4	14:02	12	14:02	126.20	16:44:48	7:57	6	3:34:59	16	3:34:59
VP22 - Rudow	4.90	42:13	8:36	3	9:13	7	9:13	131.10	17:27:01	7:59	6	3:44:12	14	3:44:12
VP23 - Johannistl	5.90	56:51	9:38	4	17:40	14	17:40	137.00	18:23:52	8:03	6	4:01:52	14	4:01:52
VP24 - Dammwe	5.70	55:37	9:45	5	14:45	16	14:45	142.70	19:19:29	8:07	6	4:15:27	14	4:15:27
VP25 - East Side	5.80	54:16	9:21	3	7:45	6	9:26	148.50	20:13:45	8:10	4	4:21:35	12	4:21:35
VP26 - Checkpoir	5.28	34:29	6:31	2	4:16	4	4:16	153.78	20:48:14	8:07	3	4:25:51	11	4:25:51
VP27 - Gedenkst.	3.32	50:31	15:12	6	23:13	26	23:13	157.10	21:38:45	8:16	4	4:49:04	12	4:49:04
Friedrich-Ludwig	4.60	39:05	8:29	3	8:26	10	39:05	161.70	22:17:50	8:16	3	4:57:30	10	4:57:30