



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GRIEGER, Katrin

□□□: 17:20:20

□□: Legion of Pain

□□: 9.33 km/h

□□: 195

□□□□: 6:26 min/km

□□: 161.70 km

□□□□□/□□□: 63 (of 459)

100MeilenBerlin

□□□□□/□: 1 (of 72)

□□□□□□: 17:20:20

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□□□□□: 1(of 14)

Seniorinnen W40 (40-44 Jahre)

□□□□□□□: 17:20:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	36:57	5:19	1	-	1	-	6.94	36:57	5:19	1	-	1	-
VP2 - Laufftreff Li	5.69	31:40	5:33	1	-	2	0:09	12.63	1:08:37	5:25	1	-	1	-
VP3 - Oranienbur	5.74	30:37	5:20	1	-	2	0:10	18.37	1:39:14	5:24	1	-	1	-
VP4 - Naturschut	4.70	28:46	6:07	1	-	2	0:30	23.07	2:08:00	5:32	1	-	1	-
VP5 - Frohnau	6.80	37:31	5:31	1	-	3	0:54	29.87	2:45:31	5:32	1	-	1	-
VP6 - Ruderclub	4.06	23:54	5:53	1	-	3	1:09	33.93	3:09:25	5:34	1	-	2	0:59
VP7 - Grenzturm	4.75	29:34	6:13	1	-	4	3:26	38.68	3:38:59	5:39	1	-	2	4:25
VP8 - Schönwald	7.52	44:47	5:57	1	-	3	2:26	46.20	4:23:46	5:42	1	-	2	6:51
VP9 - Falkenseer	5.76	36:40	6:21	1	-	3	2:14	51.96	5:00:26	5:46	1	-	3	8:15
VP10 - Karolinenl	6.54	39:52	6:05	1	-	2	0:31	58.50	5:40:18	5:49	1	-	3	7:44
VP11 - Pagel & Fi	4.90	30:50	6:17	1	-	2	0:31	63.40	6:11:08	5:51	1	-	3	8:15
VP12 - Schloss S	7.62	49:32	6:30	1	-	3	3:53	71.02	7:00:40	5:55	1	-	3	12:08
VP13 - Revierförs	6.21	39:06	6:17	1	-	1	-	77.23	7:39:46	5:57	1	-	3	11:46
VP14 - Brauhaus	6.00	35:45	5:57	1	-	1	-	83.23	8:15:31	5:57	1	-	3	8:17
VP15 - Gedenkst.	6.90	42:29	6:09	1	-	2	1:14	90.13	8:58:00	5:58	1	-	2	1:35
VP16 - Königswe	6.87	47:09	6:51	1	-	1	-	97.00	9:45:09	6:01	1	-	1	-
VP17 - Sportplatz	6.20	51:54	8:22	2	5:56	4	7:01	103.20	10:37:03	6:10	1	-	1	-
VP18 - Osdorfer	6.50	41:43	6:25	1	-	1	-	109.70	11:18:46	6:11	1	-	1	-
VP19 - Lichtenra	5.70	42:37	7:28	1	-	3	1:16	115.40	12:01:23	6:15	1	-	1	-
VP20 - Kirchhain	4.37	26:45	6:07	1	-	1	-	119.77	12:28:08	6:14	1	-	1	-
VP21 - Buckow	6.43	41:41	6:28	1	-	1	-	126.20	13:09:49	6:15	1	-	1	-
VP22 - Rudow	4.90	33:00	6:44	1	-	1	-	131.10	13:42:49	6:16	1	-	1	-
VP23 - Johannistf	5.90	39:11	6:38	1	-	1	-	137.00	14:22:00	6:17	1	-	1	-
VP24 - Dammwe	5.70	42:02	7:22	2	1:10	2	1:10	142.70	15:04:02	6:20	1	-	1	-
VP25 - East Side	5.80	48:08	8:17	2	1:37	3	3:18	148.50	15:52:10	6:24	1	-	1	-
VP26 - Checkpoir	5.28	30:13	5:43	1	-	1	-	153.78	16:22:23	6:23	1	-	1	-
VP27 - Gedenkst.	3.32	27:18	8:13	1	-	1	-	157.10	16:49:41	6:25	1	-	1	-
Friedrich-Ludwig	4.60	30:39	6:39	1	-	2	30:39	161.70	17:20:20	6:26	1	-	1	-