



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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KASUKAWA, Ryo

□□□: 23:54:23

□□: Japanese International School

□□: 6.73 km/h

□□: 238

□□□□: 8:52 min/km

□□: 161.70 km

□□□□□/□□□: 256 (of 459)

100MeilenBerlin

□□□□□/□: 154 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 9(of 14)

Senioren M30 (30-34 Jahre)

□□□□□□□: 16:49:04

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	43:56	6:19	10	6:56	115	12:55	6.94	43:56	6:19	10	6:56	115	12:55
VP2 - Laufftreff Li	5.69	36:07	6:20	8	5:51	100	12:02	12.63	1:20:03	6:20	8	12:43	109	24:57
VP3 - Oranienbur	5.74	36:07	6:17	11	8:09	135	12:01	18.37	1:56:10	6:19	10	20:52	119	36:58
VP4 - Naturschut	4.70	34:41	7:22	11	8:13	142	12:15	23.07	2:30:51	6:32	10	29:05	123	49:13
VP5 - Frohnau	6.80	45:28	6:41	11	10:02	155	16:33	29.87	3:16:19	6:34	11	39:07	129	1:05:46
VP6 - Ruderclub	4.06	43:35	10:44	14	20:43	250	25:28	33.93	3:59:54	7:04	12	59:50	168	1:31:11
VP7 - Grenzturm	4.75	31:40	6:40	7	5:20	100	9:57	38.68	4:31:34	7:01	12	1:05:10	157	1:41:08
VP8 - Schönwald	7.52	49:18	6:33	8	6:57	90	13:28	46.20	5:20:52	6:56	11	1:09:09	143	1:54:12
VP9 - Falkenseer	5.76	39:02	6:46	7	6:55	61	10:42	51.96	5:59:54	6:55	11	1:16:04	138	2:04:26
VP10 - Karolinenl	6.54	45:15	6:55	7	7:53	66	13:03	58.50	6:45:09	6:55	10	1:22:06	122	2:17:29
VP11 - Pagel & Fi	4.90	33:36	6:51	5	6:39	61	10:33	63.40	7:18:45	6:55	10	1:28:45	116	2:28:02
VP12 - Schloss S	7.62	1:16:34	10:02	13	31:31	194	39:41	71.02	8:35:19	7:15	10	2:00:16	130	3:07:43
VP13 - Revierförs	6.21	47:50	7:42	9	10:48	111	19:00	77.23	9:23:09	7:17	10	2:10:30	127	3:26:43
VP14 - Brauhaus	6.00	42:45	7:07	8	8:59	87	14:12	83.23	10:05:54	7:16	10	2:19:29	122	3:40:55
VP15 - Gedenkst.	6.90	52:16	7:34	7	13:43	105	19:21	90.13	10:58:10	7:18	9	2:33:12	119	4:00:16
VP16 - Königswe	6.87	1:11:21	10:23	10	27:08	175	36:36	97.00	12:09:31	7:31	10	3:00:20	122	4:36:52
VP17 - Sportplatz	6.20	1:41:57	16:26	11	1:05:16	214	1:08:12	103.20	13:51:28	8:03	10	4:05:36	150	5:45:04
VP18 - Osdorfer	6.50	53:50	8:16	6	11:54	90	19:23	109.70	14:45:18	8:04	10	4:12:20	143	6:02:10
VP19 - Lichtenra	5.70	55:49	9:47	8	13:53	114	21:39	115.40	15:41:07	8:09	10	4:25:23	139	6:22:02
VP20 - Kirchhain	4.37	41:02	9:23	6	13:32	146	22:12	119.77	16:22:09	8:12	9	4:38:35	140	6:44:14
VP21 - Buckow	6.43	1:08:16	10:37	10	28:00	164	34:40	126.20	17:30:25	8:19	10	5:04:36	145	7:18:54
VP22 - Rudow	4.90	49:05	10:01	8	17:25	134	23:06	131.10	18:19:30	8:23	9	5:22:01	145	7:42:00
VP23 - Johannistl	5.90	1:05:06	11:02	8	26:45	150	33:31	137.00	19:24:36	8:30	9	5:48:46	144	8:15:31
VP24 - Dammwe	5.70	59:35	10:27	8	20:05	126	28:24	142.70	20:24:11	8:34	9	6:07:03	141	8:43:26
VP25 - East Side	5.80	1:09:46	12:01	8	27:36	131	32:49	148.50	21:33:57	8:42	9	6:28:29	145	9:13:44
VP26 - Checkpoir	5.28	43:51	8:18	6	13:26	128	22:18	153.78	22:17:48	8:41	9	6:39:58	148	9:33:32
VP27 - Gedenkst.	3.32	51:54	15:37	8	20:08	157	27:17	157.10	23:09:42	8:50	9	6:55:05	153	9:58:39
Friedrich-Ludwig	4.60	44:41	9:42	9	15:34	108	20:29	161.70	23:54:23	8:52	9	7:05:19	154	10:14:27