



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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HARDES, Christoph

□□□: 19:37:45

□□: (ohne)

□□: 8.20 km/h

□□: 294

□□□□: 7:17 min/km

□□: 161.70 km

□□□□□/□□□□: 105 (of 459)

100MeilenBerlin

□□□□□/□: 43 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 12(of 36)

Senioren M40 (40-44 Jahre)

□□□□□□□: 14:37:35

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□□□□

□□□

| □□□                 | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| VP1 - Wilhelmsru    | 6.94     | 42:11    | 6:04         | 17      | 8:49    | 81      | 11:10   | 6.94   | 42:11     | 6:04          | 17      | 8:49    | 81      | 11:10   |
| VP2 - Laufftreff Li | 5.69     | 34:40    | 6:05         | 14      | 7:56    | 68      | 10:35   | 12.63  | 1:16:51   | 6:05          | 16      | 16:45   | 69      | 21:45   |
| VP3 - Oranienbur    | 5.74     | 33:41    | 5:52         | 15      | 8:30    | 86      | 9:35    | 18.37  | 1:50:32   | 6:01          | 16      | 25:15   | 77      | 31:20   |
| VP4 - Naturschut    | 4.70     | 30:21    | 6:27         | 12      | 6:27    | 62      | 7:55    | 23.07  | 2:20:53   | 6:06          | 14      | 31:42   | 73      | 39:15   |
| VP5 - Frohnau       | 6.80     | 41:03    | 6:02         | 15      | 8:26    | 75      | 12:08   | 29.87  | 3:01:56   | 6:05          | 14      | 40:08   | 72      | 51:23   |
| VP6 - Ruderclub     | 4.06     | 25:06    | 6:10         | 10      | 4:43    | 40      | 6:59    | 33.93  | 3:27:02   | 6:06          | 13      | 44:51   | 61      | 58:19   |
| VP7 - Grenzturm     | 4.75     | 28:57    | 6:05         | 12      | 4:41    | 54      | 7:14    | 38.68  | 3:55:59   | 6:06          | 13      | 49:13   | 61      | 1:05:33 |
| VP8 - Schönwald     | 7.52     | 44:02    | 5:51         | 10      | 4:58    | 34      | 8:12    | 46.20  | 4:40:01   | 6:03          | 12      | 52:27   | 54      | 1:13:21 |
| VP9 - Falkenseer    | 5.76     | 36:45    | 6:22         | 12      | 6:07    | 44      | 8:25    | 51.96  | 5:16:46   | 6:05          | 12      | 54:12   | 58      | 1:21:18 |
| VP10 - Karolinenl   | 6.54     | 41:27    | 6:20         | 12      | 5:54    | 36      | 9:15    | 58.50  | 5:58:13   | 6:07          | 12      | 58:32   | 46      | 1:30:33 |
| VP11 - Pagel & Fi   | 4.90     | 33:29    | 6:49         | 12      | 8:00    | 60      | 10:26   | 63.40  | 6:31:42   | 6:10          | 12      | 1:05:38 | 47      | 1:40:59 |
| VP12 - Schloss S    | 7.62     | 53:56    | 7:04         | 12      | 13:37   | 56      | 17:03   | 71.02  | 7:25:38   | 6:16          | 12      | 1:17:30 | 49      | 1:58:02 |
| VP13 - Revierförs   | 6.21     | 43:38    | 7:01         | 14      | 12:05   | 60      | 14:48   | 77.23  | 8:09:16   | 6:20          | 12      | 1:26:07 | 49      | 2:12:50 |
| VP14 - Brauhaus     | 6.00     | 39:42    | 6:37         | 13      | 8:52    | 46      | 11:09   | 83.23  | 8:48:58   | 6:21          | 12      | 1:34:45 | 48      | 2:23:59 |
| VP15 - Gedenkst.    | 6.90     | 48:47    | 7:04         | 13      | 14:34   | 73      | 15:52   | 90.13  | 9:37:45   | 6:24          | 12      | 1:48:53 | 50      | 2:39:51 |
| VP16 - Königswe     | 6.87     | 57:36    | 8:23         | 17      | 19:32   | 86      | 22:51   | 97.00  | 10:35:21  | 6:32          | 12      | 2:07:15 | 53      | 3:02:42 |
| VP17 - Sportplatz   | 6.20     | 57:50    | 9:19         | 16      | 23:50   | 72      | 24:05   | 103.20 | 11:33:11  | 6:43          | 12      | 2:30:59 | 52      | 3:26:47 |
| VP18 - Osdorfer     | 6.50     | 55:28    | 8:31         | 20      | 20:48   | 108     | 21:01   | 109.70 | 12:28:39  | 6:49          | 13      | 2:51:47 | 55      | 3:45:31 |
| VP19 - Lichtenra    | 5.70     | 44:17    | 7:46         | 9       | 9:59    | 32      | 10:07   | 115.40 | 13:12:56  | 6:52          | 13      | 3:01:46 | 50      | 3:53:51 |
| VP20 - Kirchhain    | 4.37     | 31:42    | 7:15         | 13      | 11:07   | 56      | 12:52   | 119.77 | 13:44:38  | 6:53          | 13      | 3:12:53 | 51      | 4:06:43 |
| VP21 - Buckow       | 6.43     | 49:30    | 7:41         | 12      | 15:28   | 52      | 15:54   | 126.20 | 14:34:08  | 6:55          | 13      | 3:27:48 | 53      | 4:22:37 |
| VP22 - Rudow        | 4.90     | 38:12    | 7:47         | 9       | 10:55   | 37      | 12:13   | 131.10 | 15:12:20  | 6:57          | 13      | 3:37:06 | 52      | 4:34:50 |
| VP23 - Johannistl   | 5.90     | 46:22    | 7:51         | 9       | 14:29   | 39      | 14:47   | 137.00 | 15:58:42  | 6:59          | 13      | 3:48:51 | 49      | 4:49:37 |
| VP24 - Dammwe       | 5.70     | 48:37    | 8:31         | 11      | 16:34   | 49      | 17:26   | 142.70 | 16:47:19  | 7:03          | 13      | 4:04:36 | 50      | 5:06:34 |
| VP25 - East Side    | 5.80     | 56:46    | 9:47         | 12      | 19:49   | 52      | 19:49   | 148.50 | 17:44:05  | 7:09          | 13      | 4:24:25 | 48      | 5:23:52 |
| VP26 - Checkpoir    | 5.28     | 38:49    | 7:21         | 13      | 17:16   | 70      | 17:16   | 153.78 | 18:22:54  | 7:10          | 13      | 4:38:45 | 48      | 5:38:38 |
| VP27 - Gedenkst.    | 3.32     | 38:41    | 11:39        | 11      | 13:51   | 56      | 14:04   | 157.10 | 19:01:35  | 7:15          | 13      | 4:49:29 | 46      | 5:50:32 |
| Friedrich-Ludwig    | 4.60     | 36:10    | 7:51         | 10      | 11:58   | 47      | 11:58   | 161.70 | 19:37:45  | 7:17          | 12      | 5:00:10 | 43      | 5:57:49 |