



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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RAU, Miriam

□□□: 28:49:48

□□: SSV Lichtenrade Berlin

□□: 5.58 km/h

□□: 330

□□□□: 10:42 min/km

□□: 161.70 km

□□□□□/□□□: 326 (of 459)

100MeilenBerlin

□□□□□/□: 44 (of 72)

□□□□□□: 17:20:20

□□□□:

□□□□□: 12(of 17)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 17:50:34

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□□□□

□□□

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