



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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LAM, Otto

□□: Trail WhippAss

□□: 349

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 18:50:03

□□: 8.55 km/h

□□□□: 6:59 min/km

□□□□□/□□□□: 88 (of 459)

□□□□□/□: 32 (of 302)

□□□□□□: 13:39:56

□□□□□: 10(of 36)

□□□□□□□: 14:37:35

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