



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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IKUTA, Dairo

□□: Stone Kids

□□: 352

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 21:36:50

□□: 7.48 km/h

□□□□: 8:01 min/km

□□□□□/□□□: 154 (of 459)

□□□□□/□: 78 (of 302)

□□□□□□: 13:39:56

□□□□□: 15(of 58)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
VP1 - Wilhelmsru	6.94	41:52	6:01	15	8:26	69	10:51	6.94	41:52	6:01	15	8:26	69	10:51
VP2 - Lauftreff Li	5.69	34:03	5:59	13	6:22	55	9:58	12.63	1:15:55	6:00	14	14:48	60	20:49
VP3 - Oranienbur	5.74	33:27	5:49	14	6:18	77	9:21	18.37	1:49:22	5:57	14	21:06	63	30:10
VP4 - Naturschut	4.70	30:21	6:27	12	4:59	62	7:55	23.07	2:19:43	6:03	14	26:05	65	38:05
VP5 - Frohnau	6.80	38:35	5:40	8	4:47	43	9:40	29.87	2:58:18	5:58	13	30:52	56	47:45
VP6 - Ruderclub	4.06	26:42	6:34	14	5:18	56	8:35	33.93	3:25:00	6:02	13	35:26	56	56:17
VP7 - Grenzturm	4.75	29:22	6:10	12	5:14	59	7:39	38.68	3:54:22	6:03	13	40:21	54	1:03:56
VP8 - Schönwald	7.52	45:58	6:06	9	6:47	54	10:08	46.20	4:40:20	6:04	13	43:18	57	1:13:40
VP9 - Falkenseer	5.76	36:12	6:17	7	4:49	36	7:52	51.96	5:16:32	6:05	10	47:55	55	1:21:04
VP10 - Karolinenl	6.54	41:50	6:23	9	7:09	42	9:38	58.50	5:58:22	6:07	10	52:42	47	1:30:42
VP11 - Pagel & Fi	4.90	31:37	6:27	8	4:41	39	8:34	63.40	6:29:59	6:09	9	55:25	46	1:39:16
VP12 - Schloss S	7.62	1:02:45	8:14	26	21:42	109	25:52	71.02	7:32:44	6:22	11	1:14:19	54	2:05:08
VP13 - Revierförs	6.21	42:53	6:54	7	7:37	42	14:03	77.23	8:15:37	6:25	11	1:21:38	55	2:19:11
VP14 - Brauhaus	6.00	40:57	6:49	10	8:37	62	12:24	83.23	8:56:34	6:26	11	1:25:40	55	2:31:35
VP15 - Gedenkst.	6.90	50:15	7:16	14	11:57	89	17:20	90.13	9:46:49	6:30	12	1:37:14	57	2:48:55
VP16 - Königswe	6.87	55:27	8:04	14	12:00	69	20:42	97.00	10:42:16	6:37	12	1:47:59	56	3:09:37
VP17 - Sportplatz	6.20	1:07:40	10:54	26	29:49	122	33:55	103.20	11:49:56	6:52	14	2:17:48	71	3:43:32
VP18 - Osdorfer	6.50	50:59	7:50	13	13:06	71	16:32	109.70	12:40:55	6:56	13	2:30:54	65	3:57:47
VP19 - Lichtenra	5.70	57:25	10:04	28	18:00	136	23:15	115.40	13:38:20	7:05	13	2:48:54	68	4:19:15
VP20 - Kirchhain	4.37	37:07	8:29	24	13:19	111	18:17	119.77	14:15:27	7:08	13	3:02:13	67	4:37:32
VP21 - Buckow	6.43	1:01:08	9:30	32	24:41	139	27:32	126.20	15:16:35	7:15	13	3:26:54	73	5:05:04
VP22 - Rudow	4.90	55:20	11:17	38	25:17	162	29:21	131.10	16:11:55	7:24	15	3:52:11	78	5:34:25
VP23 - Johannistl	5.90	1:04:55	11:00	36	29:33	149	33:20	137.00	17:16:50	7:34	16	4:21:44	81	6:07:45
VP24 - Dammwe	5.70	56:25	9:53	24	21:27	106	25:14	142.70	18:13:15	7:39	16	4:43:11	80	6:32:30
VP25 - East Side	5.80	1:10:06	12:05	29	30:28	133	33:09	148.50	19:23:21	7:50	16	5:13:39	81	7:03:08
VP26 - Checkpoir	5.28	39:49	7:32	20	14:57	84	18:16	153.78	20:03:10	7:49	15	5:28:36	79	7:18:54
VP27 - Gedenkst.	3.32	46:03	13:52	25	19:33	113	21:26	157.10	20:49:13	7:57	15	5:48:09	79	7:38:10
Friedrich-Ludwig	4.60	47:37	10:21	29	19:52	127	23:25	161.70	21:36:50	8:01	15	6:03:54	78	7:56:54