



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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BEGON, Limor

□□□: 23:33:02

□□: Marta - running club

□□: 6.84 km/h

□□: 363

□□□□: 8:44 min/km

□□: 161.70 km

□□□□□/□□□: 231 (of 459)

100MeilenBerlin

□□□□□/□: 19 (of 72)

□□□□□□: 17:20:20

□□□□:

□□□□□: 6(of 14)

Seniorinnen W40 (40-44 Jahre)

□□□□□□: 17:20:20

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