



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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JAMES, Helen

□□: Barrow Runners

□□: 366

□□: 161.70 km

100MeilenBerlin

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Seniorinnen W45 (45-49 Jahre)

□□□□□/□□□□: DNF (of 459)

□□□□□/□: DNF (of 72)

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□□□□□: DNF(of 17)

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