



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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## JAMES, Helen

□□: Barrow Runners

□□: 366

Enduro E Bike

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Seniorinnen W45 (45-49 Jahre)

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□□□□□/□: DNF (of 72)

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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!	-	-	-	-	-	-	-	-	-	-	-	-	