



# 100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

0000

AOKI, Hideko

00: AOHIDEZOKU

00: 369

00: 161.70 km

100MeilenBerlin

0000:

Seniorinnen W45 (45-49 Jahre)

000: 25:03:34

00: 6.45 km/h

0000: 9:18 min/km

00000/000: 263 (of 459)

00000/0: 27 (of 72)

000000: 17:20:20

00000: 5(of 17)

0000000: 17:50:34

0000

0000

000

| 000                | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| VP1 - Wilhelmsru   | 6.94     | 44:15    | 6:22         | 5       | 6:56    | 17      | 7:18    | 6.94      | 44:15     | 6:22          | 5       | 6:56    | 17      | 7:18    |
| VP2 - Lauftreff Li | 5.69     | 36:50    | 6:28         | 4       | 5:19    | 12      | 5:19    | 12.63     | 1:21:05   | 6:25          | 5       | 12:15   | 15      | 12:28   |
| VP3 - Oranienbur   | 5.74     | 36:39    | 6:23         | 7       | 6:12    | 21      | 6:12    | 18.37     | 1:57:44   | 6:24          | 5       | 18:27   | 15      | 18:30   |
| VP4 - Naturschut   | 4.70     | 36:37    | 7:47         | 8       | 8:21    | 30      | 8:21    | 23.07     | 2:34:21   | 6:41          | 7       | 25:41   | 21      | 26:21   |
| VP5 - Frohnau      | 6.80     | 45:42    | 6:43         | 6       | 9:05    | 21      | 9:05    | 29.87     | 3:20:03   | 6:41          | 7       | 34:22   | 20      | 34:32   |
| VP6 - Ruderclub    | 4.06     | 31:06    | 7:39         | 6       | 8:21    | 21      | 8:21    | 33.93     | 3:51:09   | 6:48          | 6       | 42:43   | 21      | 42:43   |
| VP7 - Grenzturm    | 4.75     | 31:35    | 6:38         | 5       | 5:27    | 10      | 5:27    | 38.68     | 4:22:44   | 6:47          | 6       | 48:10   | 18      | 48:10   |
| VP8 - Schönewald   | 7.52     | 50:54    | 6:46         | 5       | 8:33    | 12      | 8:33    | 46.20     | 5:13:38   | 6:47          | 6       | 56:43   | 18      | 56:43   |
| VP9 - Falkenseer   | 5.76     | 42:10    | 7:19         | 5       | 7:44    | 12      | 7:44    | 51.96     | 5:55:48   | 6:50          | 6       | 1:03:37 | 18      | 1:03:37 |
| VP10 - Karolinenl  | 6.54     | 49:15    | 7:31         | 7       | 9:54    | 19      | 9:54    | 58.50     | 6:45:03   | 6:55          | 6       | 1:12:29 | 18      | 1:12:29 |
| VP11 - Pagel & Fi  | 4.90     | 35:10    | 7:10         | 4       | 4:51    | 9       | 4:51    | 63.40     | 7:20:13   | 6:56          | 5       | 1:17:20 | 17      | 1:17:20 |
| VP12 - Schloss S   | 7.62     | 1:16:55  | 10:05        | 10      | 31:16   | 37      | 31:16   | 71.02     | 8:37:08   | 7:16          | 6       | 1:48:36 | 20      | 1:48:36 |
| VP13 - Revierförs  | 6.21     | 44:08    | 7:06         | 3       | 4:40    | 8       | 5:02    | 77.23     | 9:21:16   | 7:16          | 6       | 1:53:16 | 19      | 1:53:16 |
| VP14 - Brauhaus    | 6.00     | 43:46    | 7:17         | 4       | 6:07    | 14      | 8:01    | 83.23     | 10:05:02  | 7:16          | 6       | 1:57:48 | 17      | 1:57:48 |
| VP15 - Gedenkst    | 6.90     | 53:13    | 7:42         | 4       | 11:58   | 16      | 11:58   | 90.13     | 10:58:15  | 7:18          | 5       | 2:01:50 | 17      | 2:01:50 |
| VP16 - Königswe    | 6.87     | 1:12:08  | 10:29        | 10      | 23:11   | 39      | 24:59   | 97.00     | 12:10:23  | 7:31          | 4       | 2:25:01 | 19      | 2:25:14 |
| VP17 - Sportplatz  | 6.20     | 1:37:49  | 15:46        | 11      | 47:22   | 48      | 52:56   | 103.20    | 13:48:12  | 8:01          | 4       | 3:08:48 | 22      | 3:11:09 |
| VP18 - Osdorfer    | 6.50     | 53:11    | 8:10         | 2       | 9:50    | 11      | 11:28   | 109.70    | 14:41:23  | 8:02          | 4       | 3:18:38 | 21      | 3:22:37 |
| VP19 - Lichtenrai  | 5.70     | 55:35    | 9:45         | 3       | 13:22   | 14      | 14:14   | 115.40    | 15:36:58  | 8:07          | 4       | 3:32:00 | 20      | 3:35:35 |
| VP20 - Kirchhain   | 4.37     | 43:50    | 10:01        | 6       | 13:52   | 27      | 17:05   | 119.77    | 16:20:48  | 8:11          | 4       | 3:45:52 | 20      | 3:52:40 |
| VP21 - Buckow      | 6.43     | 1:28:13  | 13:43        | 12      | 45:02   | 48      | 46:32   | 126.20    | 17:49:01  | 8:28          | 4       | 4:30:54 | 22      | 4:39:12 |
| VP22 - Rudow       | 4.90     | 1:09:04  | 14:05        | 12      | 35:39   | 51      | 36:04   | 131.10    | 18:58:05  | 8:40          | 5       | 5:06:33 | 26      | 5:15:16 |
| VP23 - Johannistl  | 5.90     | 1:09:49  | 11:49        | 7       | 24:05   | 35      | 30:38   | 137.00    | 20:07:54  | 8:49          | 5       | 5:30:38 | 28      | 5:45:54 |
| VP24 - Dammwe      | 5.70     | 55:59    | 9:49         | 4       | 13:28   | 18      | 15:07   | 142.70    | 21:03:53  | 8:51          | 5       | 5:44:06 | 27      | 5:59:51 |
| VP25 - East Side   | 5.80     | 1:11:51  | 12:23        | 6       | 21:10   | 30      | 27:01   | 148.50    | 22:15:44  | 8:59          | 5       | 6:05:16 | 27      | 6:23:34 |
| VP26 - Checkpoir   | 5.28     | 56:29    | 10:41        | 11      | 24:42   | 46      | 26:16   | 153.78    | 23:12:13  | 9:03          | 5       | 6:29:58 | 27      | 6:49:50 |
| VP27 - Gedenkst    | 3.32     | 54:26    | 16:23        | 8       | 18:59   | 35      | 27:08   | 157.10    | 24:06:39  | 9:12          | 5       | 6:48:57 | 28      | 7:16:58 |
| Friedrich-Ludwig   | 4.60     | 56:55    | 12:22        | 9       | 24:03   | 41      | 56:55   | 161.70    | 25:03:34  | 9:17          | 5       | 7:13:00 | 28      | 7:43:14 |