



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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OKAMOTO, Tomoko

□□□: 28:26:43

□□: (ohne)

□□: 5.66 km/h

□□: 43

□□□□: 10:33 min/km

□□: 161.70 km

□□□□□/□□□□: 314 (of 459)

100MeilenBerlin

□□□□□/□: 40 (of 72)

□□□□□□: 17:20:20

□□□□:

□□□□□: 11(of 17)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 17:50:34

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