



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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SEIDEL, Christine

□□: laufSinn Laufteam

□□: 55

□□: 161.70 km

100MeilenBerlin

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 29:01:30

□□: 5.57 km/h

□□□□: 10:46 min/km

□□□□□/□□□□: 329 (of 459)

□□□□□/□: 45 (of 72)

□□□□□□: 17:20:20

□□□□□: 12(of 18)

□□□□□□□: 20:27:00

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