



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

0000

SEIDEL, Claudia

000: 21:37:54

00: (ohne)

00: 7.44 km/h

00: 93

0000: 8:02 min/km

00: 161.70 km

00000/000: 156 (of 459)

100MeilenBerlin

00000/0: 8 (of 72)

000000: 17:20:20

0000:

00000: 1(of 4)

Seniorinnen W30 (30-34 Jahre)

0000000: 21:37:54

0000

0000

000

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