



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Hermsdorf, Ralph

□□□: 21:22:33

□□: LC Auensee Leipzig

□□: 7.53 km/h

□□: 200

□□□□: 7:55 min/km

□□: 161.90 km

□□□□□/□□□□: 80 (of 397)

100MeilenBerlin

□□□□□/□: 67 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 9(of 50)

Senioren M55 (55-59 Jahre)

□□□□□□□: 18:35:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:06:01	7:40	38	16:38	237	21:53	8.60	1:06:01	7:40	38	16:38	237	21:53	
VP2 - East Side G	4.80	33:02	6:52	39	8:16	234	11:59	13.40	1:39:03	7:23	39	24:54	233	33:49	
VP3 - Dammweg	5.80	46:56	8:05	44	12:23	280	17:44	19.20	2:25:59	7:36	42	37:17	256	51:08	
VP4 - Johannisth	5.70	39:35	6:56	30	7:53	193	15:03	24.90	3:05:34	7:27	39	44:59	243	1:05:52	
VP5 - Imbiß "Am	9.50	1:06:06	6:57	23	11:25	162	24:34	34.40	4:11:40	7:18	34	56:24	216	1:30:23	
VP6 - Buckow	4.50	36:58	8:12	33	10:24	227	16:22	38.90	4:48:38	7:25	33	1:06:48	218	1:46:45	
□□□	7.60	51:52	6:49	13	7:05	106	17:50	46.50	5:40:30	7:19	30	1:13:53	198	2:04:35	
VP8 - Osdorfer St	6.30	40:45	6:28	6	3:58	61	13:19	52.80	6:21:15	7:13	27	1:16:54	181	2:17:54	
VP9 - Sportplatz	6.50	49:27	7:36	13	11:41	94	28:00	59.30	7:10:42	7:15	25	1:22:38	165	2:35:51	
VP10 - Königswe	6.20	44:00	7:05	9	3:48	76	14:35	65.50	7:54:42	7:14	21	1:23:01	141	2:50:26	
VP11 - Gedenkst	6.80	51:33	7:34	9	27:14	90	27:14	72.30	8:46:15	7:16	19	1:25:16	131	3:07:53	
VP12 - Brauhaus	6.90	53:03	7:41	10	7:25	91	19:56	79.20	9:39:18	7:18	19	1:26:20	126	3:27:49	
VP13 - Revierförs	5.70	41:43	7:19	3	1:04	47	11:40	84.90	10:21:01	7:18	17	1:24:44	118	3:39:29	
VP14 - Schloss S	6.30	53:13	8:26	11	7:55	73	21:46	91.20	11:14:14	7:23	15	1:32:39	110	4:01:15	
VP15 - Pagel & Fi	7.60	56:09	7:23	7	5:47	60	18:27	98.80	12:10:23	7:23	13	1:34:34	91	4:19:42	
VP16 - Karolinenl	4.90	40:41	8:18	3	2:43	63	15:06	103.70	12:51:04	7:26	13	1:30:25	88	4:34:48	
VP17 - Falkensee	6.50	52:01	8:00	9	5:52	72	19:30	110.20	13:43:05	7:28	11	1:29:38	86	4:54:18	
VP18 - Schönwal	5.80	47:24	8:10	6	7:51	76	18:19	116.00	14:30:29	7:30	11	1:35:43	85	5:12:37	
VP19 - Grenzturn	7.30	59:12	8:06	5	27:49	47	31:06	123.30	15:29:41	7:32	9	1:43:05	76	5:33:02	
VP20 - Rudercluk	4.80	45:39	9:30	16	11:04	121	21:19	128.10	16:15:20	7:36	9	1:54:09	75	5:54:21	
VP21 - Frohnau	4.10	40:14	9:48	8	6:32	59	17:35	132.20	16:55:34	7:40	9	2:00:41	72	6:11:56	
VP22 - Naturschu	6.40	49:30	7:44	2	1:27	38	16:18	138.60	17:45:04	7:41	9	2:02:08	70	6:28:14	
VP23 - Oranienbu	4.50	36:05	8:01	3	2:01	32	11:08	143.10	18:21:09	7:41	8	2:04:09	68	6:39:22	
VP24 - Lauftreff l	5.30	47:12	8:54	7	7:46	61	18:58	148.40	19:08:21	7:44	7	2:11:03	67	6:58:20	
VP25 - Wilhelmsr	5.70	48:49	8:33	7	6:10	62	18:48	154.10	19:57:10	7:46	7	2:17:13	63	7:17:08	
VP26 - Wollankst	3.10	39:52	12:51	38	14:54	229	22:45	157.20	20:37:02	7:52	8	2:32:07	64	7:39:53	
Friedrich-Ludwig	4.20	45:31	10:50	36	18:34	231	25:45	161.90	21:22:33	7:55	9	2:47:01	68	8:04:52	