



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Ludwig, Heiko

000: 21:47:14

00: memler.de

00: 7.39 km/h

00: 330

0000: 8:04 min/km

00: 161.90 km

00000/000: 92 (of 397)

100MeilenBerlin

00000/0: 79 (of 313)

000000: 13:17:41

0000:

00000: 11(of 50)

Senioren M55 (55-59 Jahre)

0000000: 18:35:32

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Checkpoint	8.60	1:07:44	7:52	43	18:21	258	23:36	8.60	1:07:44	7:52	43	18:21	258	23:36
VP2 - East Side G	4.80	29:16	6:05	15	4:30	116	8:13	13.40	1:37:00	7:14	33	22:51	212	31:46
VP3 - Dammweg	5.80	39:29	6:48	20	4:56	135	10:17	19.20	2:16:29	7:06	31	27:47	197	41:38
VP4 - Johannisth	5.70	38:23	6:44	25	6:41	173	13:51	24.90	2:54:52	7:01	29	34:17	186	55:10
VP5 - Imbiß "Am	9.50	1:03:41	6:42	17	9:00	126	22:09	34.40	3:58:33	6:56	24	43:17	169	1:17:16
VP6 - Buckow	4.50	32:27	7:12	18	5:53	127	11:51	38.90	4:31:00	6:57	23	49:10	162	1:29:07
000	7.60	50:11	6:36	7	5:24	75	16:09	46.50	5:21:11	6:54	20	54:34	146	1:45:16
VP8 - Osdorfer St	6.30	1:07:16	10:40	50	30:29	305	39:50	52.80	6:28:27	7:21	29	1:24:06	197	2:25:06
VP9 - Sportplatz	6.50	46:55	7:13	5	9:09	64	25:28	59.30	7:15:22	7:20	26	1:27:18	174	2:40:31
VP10 - Königswe	6.20	46:45	7:32	15	6:33	125	17:20	65.50	8:02:07	7:21	25	1:30:26	160	2:57:51
VP11 - Gedenkst	6.80	53:13	7:49	15	28:54	111	28:54	72.30	8:55:20	7:24	22	1:34:21	148	3:16:58
VP12 - Brauhaus	6.90	51:16	7:25	8	5:38	76	18:09	79.20	9:46:36	7:24	20	1:33:38	137	3:35:07
VP13 - Revierförs	5.70	45:51	8:02	9	5:12	104	15:48	84.90	10:32:27	7:26	20	1:36:10	136	3:50:55
VP14 - Schloss S	6.30	1:13:49	11:43	29	28:31	203	42:22	91.20	11:46:16	7:44	21	2:04:41	141	4:33:17
VP15 - Pagel & Fi	7.60	56:45	7:28	8	6:23	65	19:03	98.80	12:43:01	7:43	19	2:07:12	132	4:52:20
VP16 - Karolinenl	4.90	40:53	8:20	4	2:55	65	15:18	103.70	13:23:54	7:45	18	2:03:15	124	5:07:38
VP17 - Falkensee	6.50	52:10	8:01	10	6:01	74	19:39	110.20	14:16:04	7:46	17	2:02:37	120	5:27:17
VP18 - Schönwal	5.80	47:58	8:16	8	8:25	81	18:53	116.00	15:04:02	7:47	16	2:09:16	113	5:46:10
VP19 - Grenzturn	7.30	31:23	4:17	1	-	2	3:17	123.30	15:35:25	7:35	11	1:48:49	81	5:38:46
VP20 - Rudercluk	4.80	1:13:06	15:13	37	38:31	256	48:46	128.10	16:48:31	7:52	15	2:27:20	99	6:27:32
VP21 - Frohnau	4.10	45:52	11:11	24	12:10	117	23:13	132.20	17:34:23	7:58	16	2:39:30	100	6:50:45
VP22 - Naturschu	6.40	54:54	8:34	5	6:51	79	21:42	138.60	18:29:17	8:00	15	2:46:21	97	7:12:27
VP23 - Oranienbu	4.50	40:57	9:06	7	6:53	63	16:00	143.10	19:10:14	8:02	13	2:53:14	91	7:28:27
VP24 - Lauftreff l	5.30	47:18	8:55	8	7:52	62	19:04	148.40	19:57:32	8:04	12	3:00:14	87	7:47:31
VP25 - Wilhelmsr	5.70	44:57	7:53	4	2:18	33	14:56	154.10	20:42:29	8:03	12	3:02:32	81	8:02:27
VP26 - Wollankst	3.10	27:54	9:00	5	2:56	59	10:47	157.20	21:10:23	8:04	11	3:05:28	79	8:13:14
Friedrich-Ludwig	4.20	36:51	8:46	18	9:54	145	17:05	161.90	21:47:14	8:04	11	3:11:42	80	8:29:33