



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

0000

Lange, Henrik

00: Running Twins

00: 305

00: 161.90 km

100MeilenBerlin

0000:

Senioren M35 (35-39 Jahre)

000: 22:08:39

00: 7.27 km/h

0000: 8:13 min/km

00000/0000: 104 (of 397)

00000/0: 89 (of 313)

000000: 13:17:41

00000: 10(of 29)

0000000: 17:26:34

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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 | 48:08 | 5:35 | 1 | - | 12 | 4:00 | 8.60 | 48:08 | 5:35 | 1 | - | 12 | 4:00 |
| VP2 - East Side G | 4.80 | 24:43 | 5:08 | 2 | 0:04 | 17 | 3:40 | 13.40 | 1:12:51 | 5:26 | 2 | 0:04 | 14 | 7:37 |
| VP3 - Dammweg | 5.80 | 33:05 | 5:42 | 1 | - | 21 | 3:53 | 19.20 | 1:45:56 | 5:31 | 1 | - | 16 | 11:05 |
| VP4 - Johannisth | 5.70 | 30:25 | 5:20 | 1 | - | 21 | 5:53 | 24.90 | 2:16:21 | 5:28 | 1 | - | 16 | 16:39 |
| VP5 - Imbiß "Am | 9.50 | 52:37 | 5:32 | 2 | 0:06 | 21 | 11:05 | 34.40 | 3:08:58 | 5:29 | 1 | - | 18 | 27:41 |
| VP6 - Buckow | 4.50 | 25:52 | 5:44 | 1 | - | 18 | 5:16 | 38.90 | 3:34:50 | 5:31 | 1 | - | 18 | 32:57 |
| 000 | 7.60 | 44:18 | 5:49 | 3 | 0:15 | 31 | 10:16 | 46.50 | 4:19:08 | 5:34 | 2 | 0:08 | 19 | 43:13 |
| VP8 - Osdorfer St | 6.30 | 37:22 | 5:55 | 2 | 0:09 | 28 | 9:56 | 52.80 | 4:56:30 | 5:36 | 2 | 0:03 | 20 | 53:09 |
| VP9 - Sportplatz | 6.50 | 45:15 | 6:57 | 5 | 23:39 | 50 | 23:48 | 59.30 | 5:41:45 | 5:45 | 2 | 0:01 | 23 | 1:06:54 |
| VP10 - Königswe | 6.20 | 45:37 | 7:21 | 12 | 8:16 | 107 | 16:12 | 65.50 | 6:27:22 | 5:54 | 3 | 2:58 | 24 | 1:23:06 |
| VP11 - Gedenkst | 6.80 | 48:11 | 7:05 | 9 | 7:07 | 54 | 23:52 | 72.30 | 7:15:33 | 6:01 | 4 | 5:00 | 28 | 1:37:11 |
| VP12 - Brauhaus | 6.90 | 53:05 | 7:41 | 12 | 11:13 | 92 | 19:58 | 79.20 | 8:08:38 | 6:10 | 4 | 12:03 | 31 | 1:57:09 |
| VP13 - Revierförs | 5.70 | 46:52 | 8:13 | 13 | 9:33 | 118 | 16:49 | 84.90 | 8:55:30 | 6:18 | 4 | 21:07 | 30 | 2:13:58 |
| VP14 - Schloss S | 6.30 | 49:35 | 7:52 | 4 | 10:23 | 43 | 18:08 | 91.20 | 9:45:05 | 6:24 | 4 | 31:30 | 32 | 2:32:06 |
| VP15 - Pagel & Fi | 7.60 | 1:31:36 | 12:03 | 24 | 43:03 | 275 | 53:54 | 98.80 | 11:16:41 | 6:50 | 4 | 1:11:41 | 56 | 3:26:00 |
| VP16 - Karolinenl | 4.90 | 58:15 | 11:53 | 21 | 21:58 | 228 | 32:40 | 103.70 | 12:14:56 | 7:05 | 6 | 1:33:39 | 59 | 3:58:40 |
| VP17 - Falkensee | 6.50 | 1:04:45 | 9:57 | 18 | 20:00 | 203 | 32:14 | 110.20 | 13:19:41 | 7:15 | 8 | 1:53:39 | 70 | 4:30:54 |
| VP18 - Schönwal | 5.80 | 53:38 | 9:14 | 14 | 14:19 | 137 | 24:33 | 116.00 | 14:13:19 | 7:21 | 8 | 2:05:50 | 72 | 4:55:27 |
| VP19 - Grenzturn | 7.30 | 1:03:48 | 8:44 | 7 | 17:14 | 72 | 35:42 | 123.30 | 15:17:07 | 7:26 | 7 | 2:23:04 | 69 | 5:20:28 |
| VP20 - Rudercluk | 4.80 | 43:14 | 9:00 | 10 | 12:24 | 88 | 18:54 | 128.10 | 16:00:21 | 7:29 | 7 | 2:35:28 | 68 | 5:39:22 |
| VP21 - Frohnau | 4.10 | 52:28 | 12:47 | 16 | 24:57 | 167 | 29:49 | 132.20 | 16:52:49 | 7:39 | 7 | 3:00:25 | 70 | 6:09:11 |
| VP22 - Naturschu | 6.40 | 59:22 | 9:16 | 14 | 17:30 | 126 | 26:10 | 138.60 | 17:52:11 | 7:44 | 7 | 3:17:55 | 71 | 6:35:21 |
| VP23 - Oranienbu | 4.50 | 53:16 | 11:50 | 20 | 20:31 | 191 | 28:19 | 143.10 | 18:45:27 | 7:51 | 8 | 3:38:17 | 75 | 7:03:40 |
| VP24 - Laufftreff l | 5.30 | 1:02:20 | 11:45 | 19 | 25:15 | 215 | 34:06 | 148.40 | 19:47:47 | 8:00 | 10 | 4:03:32 | 83 | 7:37:46 |
| VP25 - Wilhelmsr | 5.70 | 1:04:08 | 11:15 | 17 | 26:00 | 198 | 34:07 | 154.10 | 20:51:55 | 8:07 | 10 | 4:27:35 | 87 | 8:11:53 |
| VP26 - Wollankst | 3.10 | 36:41 | 11:49 | 18 | 16:34 | 200 | 19:34 | 157.20 | 21:28:36 | 8:11 | 10 | 4:26:08 | 89 | 8:31:27 |
| Friedrich-Ludwig | 4.20 | 40:03 | 9:32 | 21 | 16:35 | 182 | 20:17 | 161.90 | 22:08:39 | 8:12 | 10 | 4:42:05 | 90 | 8:50:58 |