



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Roch, Karl

000: 22:13:56

00: laufbuchruhr.de/LC Duisburg

00: 7.24 km/h

00: 100

0000: 8:14 min/km

00: 161.90 km

00000/000: 107 (of 397)

100MeilenBerlin

00000/0: 92 (of 313)

000000: 13:17:41

0000:

00000: 13(of 50)

Senioren M55 (55-59 Jahre)

0000000: 18:35:32

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
VP1 - Checkpoint	8.60	57:29	6:41	11	8:06	90	13:21	8.60	57:29	6:41	11	8:06	90	13:21
VP2 - East Side G	4.80	26:53	5:36	4	2:07	60	5:50	13.40	1:24:22	6:17	11	10:13	84	19:08
VP3 - Dammweg	5.80	35:58	6:12	4	1:25	60	6:46	19.20	2:00:20	6:16	10	11:38	74	25:29
VP4 - Johannisth	5.70	35:59	6:18	14	4:17	105	11:27	24.90	2:36:19	6:16	9	15:44	77	36:37
VP5 - Imbiß "Am	9.50	1:03:22	6:40	15	8:41	121	21:50	34.40	3:39:41	6:23	10	24:25	84	58:24
VP6 - Buckow	4.50	31:30	7:00	12	4:56	99	10:54	38.90	4:11:11	6:27	12	29:21	87	1:09:18
000	7.60	56:20	7:24	27	11:33	173	22:18	46.50	5:07:31	6:36	15	40:54	107	1:31:36
VP8 - Osdorfer St	6.30	45:15	7:10	17	8:28	129	17:49	52.80	5:52:46	6:40	15	48:25	101	1:49:25
VP9 - Sportplatz	6.50	47:41	7:20	8	9:55	73	26:14	59.30	6:40:27	6:45	11	52:23	84	2:05:36
VP10 - Königswe	6.20	44:22	7:09	10	4:10	82	14:57	65.50	7:24:49	6:47	11	53:08	82	2:20:33
VP11 - Gedenkst	6.80	53:02	7:47	13	28:43	108	28:43	72.30	8:17:51	6:53	12	56:52	86	2:39:29
VP12 - Brauhaus	6.90	55:27	8:02	15	9:49	131	22:20	79.20	9:13:18	6:59	12	1:00:20	88	3:01:49
VP13 - Revierförs	5.70	48:22	8:29	19	7:43	140	18:19	84.90	10:01:40	7:05	12	1:05:23	91	3:20:08
VP14 - Schloss S	6.30	54:40	8:40	14	9:22	87	23:13	91.20	10:56:20	7:11	10	1:14:45	84	3:43:21
VP15 - Pagel & Fi	7.60	1:05:27	8:36	23	15:05	168	27:45	98.80	12:01:47	7:18	12	1:25:58	85	4:11:06
VP16 - Karolinenl	4.90	47:45	9:44	24	9:47	156	22:10	103.70	12:49:32	7:25	12	1:28:53	85	4:33:16
VP17 - Falkensee	6.50	55:36	8:33	18	9:27	113	23:05	110.20	13:45:08	7:29	13	1:31:41	92	4:56:21
VP18 - Schönwal	5.80	50:42	8:44	11	11:09	107	21:37	116.00	14:35:50	7:33	12	1:41:04	91	5:17:58
VP19 - Grenzturn	7.30	1:17:03	10:33	27	45:40	182	48:57	123.30	15:52:53	7:43	14	2:06:17	96	5:56:14
VP20 - Rudercluk	4.80	47:55	9:58	18	13:20	149	23:35	128.10	16:40:48	7:48	13	2:19:37	94	6:19:49
VP21 - Frohnau	4.10	41:24	10:05	12	7:42	79	18:45	132.20	17:22:12	7:53	13	2:27:19	92	6:38:34
VP22 - Naturschu	6.40	55:47	8:42	8	7:44	89	22:35	138.60	18:17:59	7:55	11	2:35:03	89	7:01:09
VP23 - Oranienbu	4.50	46:13	10:16	16	12:09	118	21:16	143.10	19:04:12	7:59	12	2:47:12	87	7:22:25
VP24 - Laufftreff l	5.30	59:00	11:07	29	19:34	192	30:46	148.40	20:03:12	8:06	13	3:05:54	91	7:53:11
VP25 - Wilhelmsr	5.70	58:28	10:15	24	15:49	147	28:27	154.10	21:01:40	8:11	13	3:21:43	92	8:21:38
VP26 - Wollankst	3.10	34:49	11:13	25	9:51	170	17:42	157.20	21:36:29	8:14	13	3:31:34	92	8:39:20
Friedrich-Ludwig	4.20	37:27	8:55	19	10:30	150	17:41	161.90	22:13:56	8:14	13	3:38:24	93	8:56:15