



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

0000

Lakmann, Uwe

000: 22:16:58

00: Weyher Laufftreff

00: 7.23 km/h

00: 77

0000: 8:16 min/km

00: 161.90 km

00000/0000: 110 (of 397)

100MeilenBerlin

00000/0: 94 (of 313)

000000: 13:17:41

0000:

00000: 25(of 75)

Senioren M50 (50-54 Jahre)

0000000: 14:30:53

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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	1:04:52	7:32	50	20:43	216	20:44	8.60	1:04:52	7:32	50	20:43	216	20:44
VP2 - East Side G	4.80	33:25	6:57	60	12:22	242	12:22	13.40	1:38:17	7:20	52	33:03	222	33:03
VP3 - Dammweg	5.80	43:51	7:33	58	14:21	231	14:39	19.20	2:22:08	7:24	54	47:14	225	47:17
VP4 - Johannisth	5.70	41:14	7:14	60	16:26	229	16:42	24.90	3:03:22	7:21	55	1:03:40	226	1:03:40
VP5 - Imbiß "Am	9.50	1:08:32	7:12	49	26:11	190	27:00	34.40	4:11:54	7:19	53	1:29:51	221	1:30:37
VP6 - Buckow	4.50	38:17	8:30	65	17:02	251	17:41	38.90	4:50:11	7:27	56	1:46:53	227	1:48:18
000	7.60	57:29	7:33	51	21:01	190	23:27	46.50	5:47:40	7:28	55	2:07:29	216	2:11:45
VP8 - Osdorfer St	6.30	49:03	7:47	51	18:48	192	21:37	52.80	6:36:43	7:30	55	2:26:17	214	2:33:22
VP9 - Sportplatz	6.50	1:03:01	9:41	57	31:36	214	41:34	59.30	7:39:44	7:45	53	2:57:53	211	3:04:53
VP10 - Königswe	6.20	45:32	7:20	29	14:19	103	16:07	65.50	8:25:16	7:42	52	3:12:12	200	3:21:00
VP11 - Gedenkst	6.80	55:10	8:06	35	20:17	148	30:51	72.30	9:20:26	7:45	50	3:31:28	196	3:42:04
VP12 - Brauhaus	6.90	54:01	7:49	30	18:19	111	20:54	79.20	10:14:27	7:45	48	3:49:47	188	4:02:58
VP13 - Revierförs	5.70	46:43	8:11	33	16:06	114	16:40	84.90	11:01:10	7:47	47	4:05:53	184	4:19:38
VP14 - Schloss S	6.30	59:24	9:25	32	26:00	122	27:57	91.20	12:00:34	7:54	45	4:31:33	166	4:47:35
VP15 - Pagel & Fi	7.60	1:00:17	7:55	29	20:30	104	22:35	98.80	13:00:51	7:54	41	4:48:59	153	5:10:10
VP16 - Karolinenl	4.90	49:40	10:08	51	22:33	176	24:05	103.70	13:50:31	8:00	43	5:11:32	150	5:34:15
VP17 - Falkensee	6.50	55:54	8:35	34	18:10	117	23:23	110.20	14:46:25	8:02	42	5:25:38	150	5:57:38
VP18 - Schönwal	5.80	50:34	8:43	32	18:03	105	21:29	116.00	15:36:59	8:04	40	5:43:38	145	6:19:07
VP19 - Grenzturn	7.30	1:04:03	8:46	22	20:54	74	35:57	123.30	16:41:02	8:07	36	6:03:24	133	6:44:23
VP20 - Rudercluk	4.80	41:34	8:39	23	13:56	68	17:14	128.10	17:22:36	8:08	35	6:17:20	125	7:01:37
VP21 - Frohnau	4.10	52:44	12:51	44	28:46	171	30:05	132.20	18:15:20	8:17	34	6:46:06	130	7:31:42
VP22 - Naturschu	6.40	50:26	7:52	16	12:57	44	17:14	138.60	19:05:46	8:16	32	6:55:01	123	7:48:56
VP23 - Oranienbu	4.50	36:41	8:09	12	9:35	36	11:44	143.10	19:42:27	8:15	29	7:03:43	112	8:00:40
VP24 - Laufftreff l	5.30	45:37	8:36	15	14:20	48	17:23	148.40	20:28:04	8:16	29	7:18:03	107	8:18:03
VP25 - Wilhelmsr	5.70	47:13	8:17	14	14:05	49	17:12	154.10	21:15:17	8:16	26	7:31:26	97	8:35:15
VP26 - Wollankst	3.10	27:56	9:00	19	9:56	60	10:49	157.20	21:43:13	8:17	26	7:41:22	96	8:46:04
Friedrich-Ludwig	4.20	33:45	8:02	28	12:08	120	13:59	161.90	22:16:58	8:15	26	7:51:34	95	8:59:17