



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

0000

Rödig, Volker

00: PV Triathlon Witten

00: 107

00: 161.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 22:24:40

00: 7.22 km/h

0000: 8:19 min/km

00000/0000: 111 (of 397)

00000/0: 96 (of 313)

000000: 13:17:41

00000: 23(of 70)

0000000: 16:22:32

0000

0000

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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	58:40	6:49	34	14:26	130	14:32	8.60	58:40	6:49	34	14:26	130	14:32
VP2 - East Side G	4.80	30:32	6:21	40	9:27	164	9:29	13.40	1:29:12	6:39	33	23:53	135	23:58
VP3 - Dammweg	5.80	40:27	6:58	36	10:39	153	11:15	19.20	2:09:39	6:45	36	34:32	144	34:48
VP4 - Johannisth	5.70	37:30	6:34	37	10:48	146	12:58	24.90	2:47:09	6:42	38	45:20	143	47:27
VP5 - Imbiß "Am	9.50	1:00:59	6:25	22	13:37	85	19:27	34.40	3:48:08	6:37	32	58:57	123	1:06:51
VP6 - Buckow	4.50	36:04	8:00	46	12:49	205	15:28	38.90	4:24:12	6:47	36	1:11:46	140	1:22:19
000	7.60	53:47	7:04	31	13:05	135	19:45	46.50	5:17:59	6:50	34	1:24:48	137	1:42:04
VP8 - Osdorfer St	6.30	41:33	6:35	18	7:54	70	14:07	52.80	5:59:32	6:48	30	1:32:42	120	1:56:11
VP9 - Sportplatz	6.50	1:15:37	11:37	60	41:03	274	54:10	59.30	7:15:09	7:20	38	2:13:45	172	2:40:18
VP10 - Königswe	6.20	47:52	7:43	34	11:49	141	18:27	65.50	8:03:01	7:22	37	2:25:34	164	2:58:45
VP11 - Gedenkst	6.80	54:06	7:57	29	13:53	125	29:47	72.30	8:57:07	7:25	34	2:38:33	154	3:18:45
VP12 - Brauhaus	6.90	53:31	7:45	19	12:11	100	20:24	79.20	9:50:38	7:27	35	2:46:26	145	3:39:09
VP13 - Revierförs	5.70	39:59	7:00	7	5:20	29	9:56	84.90	10:30:37	7:25	30	2:14:02	133	3:49:05
VP14 - Schloss S	6.30	1:04:06	10:10	35	26:31	155	32:39	91.20	11:34:43	7:37	30	2:35:00	132	4:21:44
VP15 - Pagel & Fi	7.60	54:55	7:13	10	8:08	54	17:13	98.80	12:29:38	7:35	28	2:41:01	120	4:38:57
VP16 - Karolinenl	4.90	1:11:30	14:35	63	39:28	270	45:55	103.70	13:41:08	7:55	33	3:20:29	138	5:24:52
VP17 - Falkensee	6.50	48:37	7:28	14	6:18	48	16:06	110.20	14:29:45	7:53	30	3:26:47	129	5:40:58
VP18 - Schönwal	5.80	49:42	8:34	23	13:47	89	20:37	116.00	15:19:27	7:55	29	3:40:34	123	6:01:35
VP19 - Grenzturn	7.30	1:01:21	8:24	15	14:59	57	33:15	123.30	16:20:48	7:57	26	3:55:33	116	6:24:09
VP20 - Rudercluk	4.80	43:04	8:58	19	13:43	86	18:44	128.10	17:03:52	7:59	25	4:09:16	112	6:42:53
VP21 - Frohnau	4.10	40:50	9:57	17	15:03	71	18:11	132.20	17:44:42	8:03	25	4:24:19	110	7:01:04
VP22 - Naturschu	6.40	57:31	8:59	25	17:06	108	24:19	138.60	18:42:13	8:05	25	4:41:25	106	7:25:23
VP23 - Oranienbu	4.50	53:36	11:54	43	25:18	193	28:39	143.10	19:35:49	8:13	24	5:06:43	107	7:54:02
VP24 - Laufftreff l	5.30	51:50	9:46	28	19:23	109	23:36	148.40	20:27:39	8:16	24	5:26:06	105	8:17:38
VP25 - Wilhelmsr	5.70	50:09	8:47	17	14:22	69	20:08	154.10	21:17:48	8:17	24	5:40:28	100	8:37:46
VP26 - Wollankst	3.10	35:12	11:21	42	14:48	178	18:05	157.20	21:53:00	8:21	25	5:55:16	103	8:55:51
Friedrich-Ludwig	4.20	31:40	7:32	20	7:01	77	11:54	161.90	22:24:40	8:18	23	6:02:08	97	9:06:59