



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Deifuß, Holger

□□: FC Nordkirchen

□□: 229

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 22:43:55

□□: 7.12 km/h

□□□□: 8:25 min/km

□□□□□/□□□□: 132 (of 397)

□□□□□/□: 116 (of 313)

□□□□□□: 13:17:41

□□□□□: 30(of 75)

□□□□□□□: 14:30:53

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	58:05	6:45	22	13:56	110	13:57	8.60	58:05	6:45	22	13:56	110	13:57
VP2 - East Side G	4.80	28:52	6:00	24	7:49	103	7:49	13.40	1:26:57	6:29	22	21:43	107	21:43
VP3 - Dammweg	5.80	38:38	6:39	25	9:08	108	9:26	19.20	2:05:35	6:32	23	30:41	106	30:44
VP4 - Johannisth	5.70	37:27	6:34	35	12:39	144	12:55	24.90	2:43:02	6:32	24	43:20	111	43:20
VP5 - Imbiß "Am	9.50	1:05:15	6:52	36	22:54	148	23:43	34.40	3:48:17	6:38	28	1:06:14	124	1:07:00
VP6 - Buckow	4.50	31:22	6:58	22	10:07	95	10:46	38.90	4:19:39	6:40	28	1:16:21	121	1:17:46
□□□	7.60	52:26	6:53	31	15:58	118	18:24	46.50	5:12:05	6:42	24	1:31:54	113	1:36:10
VP8 - Osdorfer St	6.30	44:15	7:01	29	14:00	116	16:49	52.80	5:56:20	6:44	23	1:45:54	108	1:52:59
VP9 - Sportplatz	6.50	1:02:32	9:37	56	31:07	208	41:05	59.30	6:58:52	7:03	31	2:17:01	128	2:24:01
VP10 - Königswe	6.20	45:56	7:24	31	14:43	113	16:31	65.50	7:44:48	7:05	31	2:31:44	122	2:40:32
VP11 - Gedenkst	6.80	57:21	8:26	42	22:28	175	33:02	72.30	8:42:09	7:13	33	2:53:11	125	3:03:47
VP12 - Brauhaus	6.90	57:33	8:20	45	21:51	160	24:26	79.20	9:39:42	7:19	34	3:15:02	129	3:28:13
VP13 - Revierförs	5.70	45:02	7:54	26	14:25	94	14:59	84.90	10:24:44	7:21	34	3:29:27	126	3:43:12
VP14 - Schloss S	6.30	46:07	7:19	13	12:43	32	14:40	91.20	11:10:51	7:21	25	3:41:50	99	3:57:52
VP15 - Pagel & Fi	7.60	1:56:08	15:16	72	1:16:21	285	1:18:26	98.80	13:06:59	7:57	44	4:55:07	162	5:16:18
VP16 - Karolinenl	4.90	47:46	9:44	44	20:39	157	22:11	103.70	13:54:45	8:02	44	5:15:46	159	5:38:29
VP17 - Falkensee	6.50	50:56	7:50	18	13:12	62	18:25	110.20	14:45:41	8:02	41	5:24:54	148	5:56:54
VP18 - Schönwal	5.80	47:31	8:11	22	15:00	77	18:26	116.00	15:33:12	8:02	39	5:39:51	141	6:15:20
VP19 - Grenzturn	7.30	58:49	8:03	15	15:40	44	30:43	123.30	16:32:01	8:02	35	5:54:23	126	6:35:22
VP20 - Rudercluk	4.80	43:13	9:00	29	15:35	87	18:53	128.10	17:15:14	8:04	32	6:09:58	119	6:54:15
VP21 - Frohnau	4.10	1:14:37	18:11	62	50:39	257	51:58	132.20	18:29:51	8:23	37	7:00:37	144	7:46:13
VP22 - Naturschu	6.40	51:53	8:06	18	14:24	54	18:41	138.60	19:21:44	8:22	35	7:10:59	137	8:04:54
VP23 - Oranienbu	4.50	40:18	8:57	18	13:12	54	15:21	143.10	20:02:02	8:23	33	7:23:18	129	8:20:15
VP24 - Laufftreff l	5.30	46:19	8:44	17	15:02	52	18:05	148.40	20:48:21	8:24	31	7:38:20	118	8:38:20
VP25 - Wilhelmsr	5.70	50:46	8:54	22	17:38	74	20:45	154.10	21:39:07	8:25	30	7:55:16	113	8:59:05
VP26 - Wollankst	3.10	33:34	10:49	43	15:34	145	16:27	157.20	22:12:41	8:28	31	8:10:50	117	9:15:32
Friedrich-Ludwig	4.20	31:14	7:26	21	9:37	67	11:28	161.90	22:43:55	8:25	31	8:18:31	117	9:26:14