



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Beneke, Andreas

□□: TSV Victoria Linden

□□: 9

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 22:45:27

□□: 7.07 km/h

□□□□: 8:26 min/km

□□□□□/□□□□: 133 (of 397)

□□□□□/□: 117 (of 313)

□□□□□□: 13:17:41

□□□□□: 16(of 38)

□□□□□□□: 15:13:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Checkpoint	8.60	1:08:18	7:56	33	24:10	265	24:10	8.60	1:08:18	7:56	33	24:10	265	24:10
VP2 - East Side G	4.80	33:03	6:53	31	11:51	235	12:00	13.40	1:41:21	7:33	34	36:01	260	36:07
VP3 - Dammweg	5.80	42:12	7:16	26	12:23	194	13:00	19.20	2:23:33	7:28	31	48:24	236	48:42
VP4 - Johannisth	5.70	41:22	7:15	29	15:06	231	16:50	24.90	3:04:55	7:25	32	1:03:30	238	1:05:13
VP5 - Imbiß "Am	9.50	1:05:16	6:52	22	21:05	149	23:44	34.40	4:10:11	7:16	28	1:24:35	210	1:28:54
VP6 - Buckow	4.50	38:04	8:27	32	16:27	245	17:28	38.90	4:48:15	7:24	29	1:41:02	215	1:46:22
□□□	7.60	54:51	7:13	22	18:12	154	20:49	46.50	5:43:06	7:22	28	1:59:14	204	2:07:11
VP8 - Osdorfer St	6.30	43:36	6:55	19	13:23	109	16:10	52.80	6:26:42	7:19	26	2:12:37	195	2:23:21
VP9 - Sportplatz	6.50	59:46	9:11	20	27:34	182	38:19	59.30	7:26:28	7:31	26	2:40:11	191	2:51:37
VP10 - Königswe	6.20	44:34	7:11	15	12:04	85	15:09	65.50	8:11:02	7:29	26	2:52:15	182	3:06:46
VP11 - Gedenkst	6.80	50:44	7:27	13	15:38	82	26:25	72.30	9:01:46	7:29	25	3:07:53	168	3:23:24
VP12 - Brauhaus	6.90	55:48	8:05	19	17:14	137	22:41	79.20	9:57:34	7:32	22	3:25:07	156	3:46:05
VP13 - Revierförs	5.70	44:11	7:45	14	11:45	83	14:08	84.90	10:41:45	7:33	20	3:36:52	143	4:00:13
VP14 - Schloss S	6.30	1:03:53	10:08	19	30:17	152	32:26	91.20	11:45:38	7:44	20	4:07:09	139	4:32:39
VP15 - Pagel & Fi	7.60	53:56	7:05	10	12:37	47	16:14	98.80	12:39:34	7:41	20	4:19:46	129	4:48:53
VP16 - Karolinenl	4.90	39:08	7:59	9	8:15	46	13:33	103.70	13:18:42	7:42	16	4:28:01	119	5:02:26
VP17 - Falkensee	6.50	55:50	8:35	14	18:38	114	23:19	110.20	14:14:32	7:45	16	4:46:39	117	5:25:45
VP18 - Schönwal	5.80	50:51	8:46	15	18:36	108	21:46	116.00	15:05:23	7:48	16	5:04:19	114	5:47:31
VP19 - Grenzturn	7.30	1:00:49	8:19	6	13:48	55	32:43	123.30	16:06:12	7:50	16	5:14:48	107	6:09:33
VP20 - Rudercluk	4.80	48:21	10:04	22	19:21	156	24:01	128.10	16:54:33	7:55	16	5:34:09	104	6:33:34
VP21 - Frohnau	4.10	53:33	13:03	20	25:59	176	30:54	132.20	17:48:06	8:04	16	5:54:19	112	7:04:28
VP22 - Naturschu	6.40	1:11:37	11:11	27	35:40	209	38:25	138.60	18:59:43	8:13	16	6:29:35	114	7:42:53
VP23 - Oranienbu	4.50	48:58	10:52	24	20:18	158	24:01	143.10	19:48:41	8:18	17	6:49:53	115	8:06:54
VP24 - Laufftreff l	5.30	48:36	9:10	10	17:25	72	20:22	148.40	20:37:17	8:20	16	7:03:12	114	8:27:16
VP25 - Wilhelmsr	5.70	1:03:03	11:03	25	27:09	187	33:02	154.10	21:40:20	8:26	16	7:28:10	117	9:00:18
VP26 - Wollankst	3.10	34:39	11:10	22	15:56	165	17:32	157.20	22:14:59	8:29	17	7:27:10	120	9:17:50
Friedrich-Ludwig	4.20	30:28	7:15	6	6:45	54	10:42	161.90	22:45:27	8:26	16	7:31:46	118	9:27:46