



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Witte, Lars

□□□: 22:53:47

□□: VfR Wilsche-Neubokel

□□: 7.03 km/h

□□: 450

□□□□: 8:29 min/km

□□: 161.90 km

□□□□□/□□□: 140 (of 397)

100MeilenBerlin

□□□□□/□: 123 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 30(of 70)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:22:32

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:01:55	7:11	45	17:41	184	17:47	8.60	1:01:55	7:11	45	17:41	184	17:47
VP2 - East Side G	4.80	30:09	6:16	39	9:04	153	9:06	13.40	1:32:04	6:52	43	26:45	171	26:50
VP3 - Dammweg	5.80	40:50	7:02	40	11:02	171	11:38	19.20	2:12:54	6:55	42	37:47	170	38:03
VP4 - Johannisth	5.70	38:07	6:41	39	11:25	166	13:35	24.90	2:51:01	6:52	41	49:12	169	51:19
VP5 - Imbiß "Am	9.50	1:08:58	7:15	49	21:36	198	27:26	34.40	3:59:59	6:58	42	1:10:48	175	1:18:42
VP6 - Buckow	4.50	31:19	6:57	23	8:04	94	10:43	38.90	4:31:18	6:58	41	1:18:52	169	1:29:25
□□□	7.60	53:12	7:00	30	12:30	127	19:10	46.50	5:24:30	6:58	39	1:31:19	157	1:48:35
VP8 - Osdorfer St	6.30	47:02	7:27	36	13:23	158	19:36	52.80	6:11:32	7:02	39	1:44:42	162	2:08:11
VP9 - Sportplatz	6.50	56:56	8:45	36	22:22	163	35:29	59.30	7:08:28	7:13	33	2:07:04	152	2:33:37
VP10 - Königswe	6.20	45:20	7:18	26	9:17	100	15:55	65.50	7:53:48	7:14	30	2:16:21	137	2:49:32
VP11 - Gedenkst	6.80	55:07	8:06	37	14:54	146	30:48	72.30	8:48:55	7:18	30	2:30:21	133	3:10:33
VP12 - Brauhaus	6.90	54:19	7:52	25	12:59	113	21:12	79.20	9:43:14	7:21	29	2:39:02	133	3:31:45
VP13 - Revierförs	5.70	46:44	8:11	29	12:05	115	16:41	84.90	10:29:58	7:25	29	2:13:23	131	3:48:26
VP14 - Schloss S	6.30	1:18:35	12:28	54	41:00	232	47:08	91.20	11:48:33	7:46	34	2:48:50	143	4:35:34
VP15 - Pagel & Fi	7.60	1:01:31	8:05	26	14:44	115	23:49	98.80	12:50:04	7:47	32	3:01:27	137	4:59:23
VP16 - Karolinenl	4.90	44:09	9:00	24	12:07	101	18:34	103.70	13:34:13	7:51	31	3:13:34	132	5:17:57
VP17 - Falkensee	6.50	57:59	8:55	33	15:40	149	25:28	110.20	14:32:12	7:54	31	3:29:14	132	5:43:25
VP18 - Schönwal	5.80	52:17	9:00	29	16:22	122	23:12	116.00	15:24:29	7:58	31	3:45:36	130	6:06:37
VP19 - Grenzturn	7.30	1:06:27	9:06	23	20:05	98	38:21	123.30	16:30:56	8:02	28	4:05:41	124	6:34:17
VP20 - Rudercluk	4.80	47:48	9:57	33	18:27	143	23:28	128.10	17:18:44	8:06	28	4:24:08	121	6:57:45
VP21 - Frohnau	4.10	48:46	11:53	29	22:59	137	26:07	132.20	18:07:30	8:13	28	4:47:07	123	7:23:52
VP22 - Naturschu	6.40	1:00:34	9:27	34	20:09	138	27:22	138.60	19:08:04	8:16	29	5:07:16	126	7:51:14
VP23 - Oranienbu	4.50	48:16	10:43	32	19:58	148	23:19	143.10	19:56:20	8:21	29	5:27:14	124	8:14:33
VP24 - Laufftreff l	5.30	52:53	9:58	31	20:26	125	24:39	148.40	20:49:13	8:25	30	5:47:40	124	8:39:12
VP25 - Wilhelmsr	5.70	53:31	9:23	25	17:44	95	23:30	154.10	21:42:44	8:27	29	6:05:24	121	9:02:42
VP26 - Wollankst	3.10	34:44	11:12	38	14:20	167	17:37	157.20	22:17:28	8:30	30	6:19:44	123	9:20:19
Friedrich-Ludwig	4.20	36:19	8:38	33	11:40	139	16:33	161.90	22:53:47	8:29	30	6:31:15	124	9:36:06