



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Ruppert, Ralf

00: LG Oelde/Wadersloh

00: 223

00: 161.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 22:56:49

00: 7.06 km/h

0000: 8:30 min/km

00000/0000: 142 (of 397)

00000/0: 124 (of 313)

000000: 13:17:41

00000: 32(of 75)

0000000: 14:30:53

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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	1:00:11	6:59	36	16:02	154	8.60	1:00:11	6:59	36	16:02	154	16:03
VP2 - East Side G	4.80	30:01	6:15	36	8:58	143	13.40	1:30:12	6:43	37	24:58	155	24:58
VP3 - Dammweg	5.80	40:45	7:01	41	11:15	165	19.20	2:10:57	6:49	39	36:03	160	36:06
VP4 - Johannisth	5.70	37:45	6:37	40	12:57	154	24.90	2:48:42	6:46	39	49:00	159	49:00
VP5 - Imbiß "Am	9.50	1:05:12	6:51	35	22:51	145	34.40	3:53:54	6:47	37	1:11:51	152	1:12:37
VP6 - Buckow	4.50	32:35	7:14	32	11:20	130	38.90	4:26:29	6:51	35	1:23:11	149	1:24:36
000	7.60	51:58	6:50	28	15:30	108	46.50	5:18:27	6:50	35	1:38:16	140	1:42:32
VP8 - Osdorfer St	6.30	45:24	7:12	33	15:09	132	52.80	6:03:51	6:53	32	1:53:25	130	2:00:30
VP9 - Sportplatz	6.50	52:10	8:01	27	20:45	114	59.30	6:56:01	7:00	27	2:14:10	123	2:21:10
VP10 - Königswe	6.20	50:48	8:11	48	19:35	183	65.50	7:46:49	7:07	35	2:33:45	127	2:42:33
VP11 - Gedenkst	6.80	55:01	8:05	34	20:08	144	72.30	8:41:50	7:13	32	2:52:52	124	3:03:28
VP12 - Brauhaus	6.90	56:26	8:10	37	20:44	143	79.20	9:38:16	7:18	31	3:13:36	124	3:26:47
VP13 - Revierförs	5.70	45:40	8:00	30	15:03	103	84.90	10:23:56	7:20	33	3:28:39	125	3:42:24
VP14 - Schloss S	6.30	56:12	8:55	29	22:48	104	91.20	11:20:08	7:27	29	3:51:07	114	4:07:09
VP15 - Pagel & Fi	7.60	1:02:45	8:15	39	22:58	135	98.80	12:22:53	7:31	28	4:11:01	110	4:32:12
VP16 - Karolinenl	4.90	44:55	9:09	30	17:48	114	103.70	13:07:48	7:35	27	4:28:49	110	4:51:32
VP17 - Falkensee	6.50	1:01:19	9:26	48	23:35	183	110.20	14:09:07	7:42	30	4:48:20	113	5:20:20
VP18 - Schönwal	5.80	54:11	9:20	41	21:40	143	116.00	15:03:18	7:47	30	5:09:57	112	5:45:26
VP19 - Grenzturn	7.30	1:13:16	10:02	44	30:07	153	123.30	16:16:34	7:55	30	5:38:56	114	6:19:55
VP20 - Rudercluk	4.80	46:27	9:40	39	18:49	130	128.10	17:03:01	7:59	29	5:57:45	111	6:42:02
VP21 - Frohnau	4.10	49:59	12:11	39	26:01	144	132.20	17:53:00	8:06	30	6:23:46	115	7:09:22
VP22 - Naturschu	6.40	1:04:12	10:01	48	26:43	174	138.60	18:57:12	8:12	30	6:46:27	111	7:40:22
VP23 - Oranienbu	4.50	51:51	11:31	47	24:45	184	143.10	19:49:03	8:18	30	7:10:19	116	8:07:16
VP24 - Laufftreff l	5.30	56:48	10:43	47	25:31	170	148.40	20:45:51	8:23	30	7:35:50	117	8:35:50
VP25 - Wilhelmsr	5.70	1:00:22	10:35	44	27:14	165	154.10	21:46:13	8:28	33	8:02:22	124	9:06:11
VP26 - Wollankst	3.10	35:38	11:29	51	17:38	185	157.20	22:21:51	8:32	34	8:20:00	125	9:24:42
Friedrich-Ludwig	4.20	34:58	8:19	31	13:21	131	161.90	22:56:49	8:30	33	8:31:25	125	9:39:08