



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Kohlmetz, Maik

□□□: 23:00:32

□□: :anlauf siegen

□□: 7.00 km/h

□□: 306

□□□□: 8:32 min/km

□□: 161.90 km

□□□□□/□□□: 149 (of 397)

100MeilenBerlin

□□□□□/□: 129 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 34(of 75)

Senioren M50 (50-54 Jahre)

□□□□□□□: 14:30:53

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:06:00	7:40	53	21:51	236	21:52	8.60	1:06:00	7:40	53	21:51	236	21:52
VP2 - East Side G	4.80	33:16	6:55	59	12:13	239	12:13	13.40	1:39:16	7:24	54	34:02	238	34:02
VP3 - Dammweg	5.80	42:58	7:24	52	13:28	214	13:46	19.20	2:22:14	7:24	55	47:20	226	47:23
VP4 - Johannisth	5.70	44:01	7:43	68	19:13	275	19:29	24.90	3:06:15	7:28	59	1:06:33	246	1:06:33
VP5 - Imbiß "Am	9.50	1:07:42	7:07	46	25:21	176	26:10	34.40	4:13:57	7:22	55	1:31:54	226	1:32:40
VP6 - Buckow	4.50	35:27	7:52	45	14:12	191	14:51	38.90	4:49:24	7:26	53	1:46:06	222	1:47:31
□□□	7.60	55:26	7:17	39	18:58	165	21:24	46.50	5:44:50	7:24	52	2:04:39	211	2:08:55
VP8 - Osdorfer St	6.30	47:29	7:32	40	17:14	163	20:03	52.80	6:32:19	7:25	52	2:21:53	202	2:28:58
VP9 - Sportplatz	6.50	53:30	8:13	34	22:05	129	32:03	59.30	7:25:49	7:31	49	2:43:58	190	2:50:58
VP10 - Königswe	6.20	50:12	8:05	45	18:59	172	20:47	65.50	8:16:01	7:34	46	3:02:57	185	3:11:45
VP11 - Gedenkst	6.80	54:34	8:01	31	19:41	135	30:15	72.30	9:10:35	7:36	46	3:21:37	181	3:32:13
VP12 - Brauhaus	6.90	55:16	8:00	33	19:34	127	22:09	79.20	10:05:51	7:38	46	3:41:11	177	3:54:22
VP13 - Revierförs	5.70	46:35	8:10	32	15:58	111	16:32	84.90	10:52:26	7:41	44	3:57:09	168	4:10:54
VP14 - Schloss S	6.30	53:39	8:30	22	20:15	79	22:12	91.20	11:46:05	7:44	37	4:17:04	140	4:33:06
VP15 - Pagel & Fi	7.60	1:01:49	8:08	33	22:02	123	24:07	98.80	12:47:54	7:46	35	4:36:02	135	4:57:13
VP16 - Karolinenl	4.90	44:35	9:05	28	17:28	110	19:00	103.70	13:32:29	7:50	35	4:53:30	131	5:16:13
VP17 - Falkensee	6.50	54:01	8:18	28	16:17	92	21:30	110.20	14:26:30	7:51	34	5:05:43	126	5:37:43
VP18 - Schönwal	5.80	50:12	8:39	30	17:41	100	21:07	116.00	15:16:42	7:54	32	5:23:21	121	5:58:50
VP19 - Grenzturn	7.30	1:09:41	9:32	38	26:32	128	41:35	123.30	16:26:23	7:59	32	5:48:45	119	6:29:44
VP20 - Rudercluk	4.80	44:20	9:14	34	16:42	105	20:00	128.10	17:10:43	8:02	31	6:05:27	117	6:49:44
VP21 - Frohnau	4.10	37:07	9:03	13	13:09	36	14:28	132.20	17:47:50	8:04	29	6:18:36	111	7:04:12
VP22 - Naturschu	6.40	1:15:59	11:52	59	38:30	226	42:47	138.60	19:03:49	8:15	31	6:53:04	122	7:46:59
VP23 - Oranienbu	4.50	46:29	10:19	35	19:23	121	21:32	143.10	19:50:18	8:19	31	7:11:34	117	8:08:31
VP24 - Laufftreff l	5.30	58:26	11:01	51	27:09	187	30:12	148.40	20:48:44	8:24	32	7:38:43	120	8:38:43
VP25 - Wilhelmsr	5.70	59:29	10:26	43	26:21	158	29:28	154.10	21:48:13	8:29	34	8:04:22	125	9:08:11
VP26 - Wollankst	3.10	33:11	10:42	41	15:11	137	16:04	157.20	22:21:24	8:31	33	8:19:33	124	9:24:15
Friedrich-Ludwig	4.20	39:08	9:19	43	17:31	167	19:22	161.90	23:00:32	8:31	35	8:35:08	130	9:42:51