



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Sens, Steffen

□□□: 23:13:55

□□: LG Mauerweg Berlin e.V.

□□: 6.93 km/h

□□: 38

□□□□: 8:37 min/km

□□: 161.90 km

□□□□□/□□□: 162 (of 397)

100MeilenBerlin

□□□□□/□: 140 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 38(of 75)

Senioren M50 (50-54 Jahre)

□□□□□□□: 14:30:53

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Checkpoint	8.60	58:45	6:49	31	14:36	135	8.60	58:45	6:49	31	14:36	135	14:37
VP2 - East Side G	4.80	28:44	5:59	22	7:41	99	13.40	1:27:29	6:31	24	22:15	113	22:15
VP3 - Dammweg	5.80	38:41	6:40	26	9:11	110	19.20	2:06:10	6:34	25	31:16	109	31:19
VP4 - Johannisth	5.70	35:30	6:13	22	10:42	94	24.90	2:41:40	6:29	22	41:58	105	41:58
VP5 - Imbiß "Am	9.50	1:04:27	6:47	33	22:06	138	34.40	3:46:07	6:34	24	1:04:04	111	1:04:50
VP6 - Buckow	4.50	31:54	7:05	28	10:39	112	38.90	4:18:01	6:37	23	1:14:43	111	1:16:08
□□□	7.60	55:27	7:17	40	18:59	166	46.50	5:13:28	6:44	27	1:33:17	118	1:37:33
VP8 - Osdorfer St	6.30	44:44	7:06	31	14:29	123	52.80	5:58:12	6:47	25	1:47:46	113	1:54:51
VP9 - Sportplatz	6.50	53:14	8:11	33	21:49	127	59.30	6:51:26	6:56	24	2:09:35	107	2:16:35
VP10 - Königswe	6.20	48:36	7:50	40	17:23	147	65.50	7:40:02	7:01	24	2:26:58	110	2:35:46
VP11 - Gedenkst	6.80	1:10:24	10:21	68	35:31	270	72.30	8:50:26	7:20	37	3:01:28	135	3:12:04
VP12 - Brauhaus	6.90	51:30	7:27	24	15:48	81	79.20	9:41:56	7:20	36	3:17:16	131	3:30:27
VP13 - Revierförs	5.70	51:25	9:01	50	20:48	187	84.90	10:33:21	7:27	37	3:38:04	137	3:51:49
VP14 - Schloss S	6.30	1:26:33	13:44	64	53:09	261	91.20	11:59:54	7:53	44	4:30:53	164	4:46:55
VP15 - Pagel & Fi	7.60	1:00:36	7:58	30	20:49	108	98.80	13:00:30	7:53	40	4:48:38	152	5:09:49
VP16 - Karolinenl	4.90	45:21	9:15	32	18:14	120	103.70	13:45:51	7:57	40	5:06:52	143	5:29:35
VP17 - Falkensee	6.50	51:48	7:58	20	14:04	69	110.20	14:37:39	7:57	39	5:16:52	142	5:48:52
VP18 - Schönwal	5.80	55:25	9:33	43	22:54	152	116.00	15:33:04	8:02	38	5:39:43	140	6:15:12
VP19 - Grenzturn	7.30	1:08:48	9:25	37	25:39	121	123.30	16:41:52	8:07	37	6:04:14	134	6:45:13
VP20 - Rudercluk	4.80	51:31	10:43	51	23:53	180	128.10	17:33:23	8:13	39	6:28:07	141	7:12:24
VP21 - Frohnau	4.10	1:03:43	15:32	53	39:45	228	132.20	18:37:06	8:27	42	7:07:52	153	7:53:28
VP22 - Naturschu	6.40	55:05	8:36	26	17:36	81	138.60	19:32:11	8:27	40	7:21:26	151	8:15:21
VP23 - Oranienbu	4.50	43:24	9:38	24	16:18	83	143.10	20:15:35	8:29	39	7:36:51	146	8:33:48
VP24 - Laufftreff l	5.30	51:55	9:47	34	20:38	111	148.40	21:07:30	8:32	41	7:57:29	147	8:57:29
VP25 - Wilhelmsr	5.70	58:13	10:12	40	25:05	142	154.10	22:05:43	8:36	40	8:21:52	145	9:25:41
VP26 - Wollankst	3.10	31:53	10:17	36	13:53	121	157.20	22:37:36	8:38	42	8:35:45	144	9:40:27
Friedrich-Ludwig	4.20	36:19	8:38	34	14:42	139	161.90	23:13:55	8:36	39	8:48:31	141	9:56:14