



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

□□□□

Uhrich, Ingmar

□□: Lauf Team Unna

□□: 320

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 23:19:11

□□: 6.90 km/h

□□□□: 8:38 min/km

□□□□□/□□□□: 172 (of 397)

□□□□□/□: 150 (of 313)

□□□□□□: 13:17:41

□□□□□: 21(of 50)

□□□□□□□: 18:35:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Checkpoint	8.60	59:22	6:54	20	9:59	148	15:14	8.60	59:22	6:54	20	9:59	148	15:14
VP2 - East Side G	4.80	30:47	6:24	27	6:01	172	9:44	13.40	1:30:09	6:43	20	16:00	154	24:55
VP3 - Dammweg	5.80	39:29	6:48	20	4:56	135	10:17	19.20	2:09:38	6:45	17	20:56	143	34:47
VP4 - Johannisth	5.70	36:31	6:24	18	4:49	118	11:59	24.90	2:46:09	6:40	17	25:34	133	46:27
VP5 - Imbiß "Am	9.50	1:08:21	7:11	27	13:40	187	26:49	34.40	3:54:30	6:49	21	39:14	155	1:13:13
VP6 - Buckow	4.50	33:53	7:31	23	7:19	164	13:17	38.90	4:28:23	6:53	21	46:33	155	1:26:30
□□□	7.60	53:05	6:59	17	8:18	125	19:03	46.50	5:21:28	6:54	22	54:51	150	1:45:33
VP8 - Osdorfer St	6.30	47:41	7:34	27	10:54	168	20:15	52.80	6:09:09	6:59	21	1:04:48	150	2:05:48
VP9 - Sportplatz	6.50	1:00:29	9:18	31	22:43	191	39:02	59.30	7:09:38	7:14	24	1:21:34	157	2:34:47
VP10 - Königswe	6.20	49:44	8:01	24	9:32	165	20:19	65.50	7:59:22	7:19	24	1:27:41	157	2:55:06
VP11 - Gedenkst	6.80	58:47	8:38	31	34:28	202	34:28	72.30	8:58:09	7:26	24	1:37:10	160	3:19:47
VP12 - Brauhaus	6.90	1:01:08	8:51	25	15:30	195	28:01	79.20	9:59:17	7:34	23	1:46:19	163	3:47:48
VP13 - Revierförs	5.70	49:56	8:45	22	9:17	162	19:53	84.90	10:49:13	7:38	23	1:52:56	158	4:07:41
VP14 - Schloss S	6.30	1:19:29	12:36	34	34:11	235	48:02	91.20	12:08:42	7:59	26	2:27:07	175	4:55:43
VP15 - Pagel & Fi	7.60	1:00:04	7:54	16	9:42	100	22:22	98.80	13:08:46	7:59	25	2:32:57	169	5:18:05
VP16 - Karolinenl	4.90	44:34	9:05	18	6:36	108	18:59	103.70	13:53:20	8:02	23	2:32:41	155	5:37:04
VP17 - Falkensee	6.50	55:12	8:29	15	9:03	108	22:41	110.20	14:48:32	8:03	23	2:35:05	153	5:59:45
VP18 - Schönwal	5.80	1:01:27	10:35	30	21:54	209	32:22	116.00	15:49:59	8:11	25	2:55:13	164	6:32:07
VP19 - Grenzturn	7.30	1:08:49	9:25	15	37:26	122	40:43	123.30	16:58:48	8:15	26	3:12:12	161	7:02:09
VP20 - Rudercluk	4.80	45:29	9:28	14	10:54	116	21:09	128.10	17:44:17	8:18	24	3:23:06	153	7:23:18
VP21 - Frohnau	4.10	51:15	12:30	29	17:33	161	28:36	132.20	18:35:32	8:26	24	3:40:39	149	7:51:54
VP22 - Naturschu	6.40	56:20	8:48	11	8:17	97	23:08	138.60	19:31:52	8:27	23	3:48:56	150	8:15:02
VP23 - Oranienbu	4.50	47:11	10:29	18	13:07	133	22:14	143.10	20:19:03	8:31	23	4:02:03	153	8:37:16
VP24 - Laufftreff l	5.30	54:59	10:22	21	15:33	150	26:45	148.40	21:14:02	8:35	23	4:16:44	153	9:04:01
VP25 - Wilhelmsr	5.70	57:11	10:01	19	14:32	134	27:10	154.10	22:11:13	8:38	23	4:31:16	154	9:31:11
VP26 - Wollankst	3.10	35:18	11:23	26	10:20	180	18:11	157.20	22:46:31	8:41	23	4:41:36	155	9:49:22
Friedrich-Ludwig	4.20	32:40	7:46	10	5:43	104	12:54	161.90	23:19:11	8:38	21	4:43:39	151	10:01:30