



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Giese, Kay

□□□: 23:46:27

□□: 100 MC Post SV Buxtehude

□□: 6.77 km/h

□□: 203

□□□□: 8:49 min/km

□□: 161.90 km

□□□□□/□□□□: 205 (of 397)

100MeilenBerlin

□□□□□/□: 179 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 40(of 70)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:22:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	48:15	5:36	5	4:01	16	4:07	8.60	48:15	5:36	5	4:01	16	4:07	
VP2 - East Side G	4.80	25:49	5:22	11	4:44	39	4:46	13.40	1:14:04	5:31	6	8:45	22	8:50	
VP3 - Dammweg	5.80	36:31	6:17	20	6:43	67	7:19	19.20	1:50:35	5:45	10	15:28	35	15:44	
VP4 - Johannisth	5.70	35:17	6:11	23	8:35	87	10:45	24.90	2:25:52	5:51	13	24:03	40	26:10	
VP5 - Imbiß "Am	9.50	1:04:48	6:49	32	17:26	140	23:16	34.40	3:30:40	6:07	17	41:29	58	49:23	
VP6 - Buckow	4.50	36:28	8:06	48	13:13	218	15:52	38.90	4:07:08	6:21	19	54:42	74	1:05:15	
□□□	7.60	58:54	7:45	49	18:12	209	24:52	46.50	5:06:02	6:34	24	1:12:51	94	1:30:07	
VP8 - Osdorfer St	6.30	52:15	8:17	57	18:36	229	24:49	52.80	5:58:17	6:47	28	1:31:27	114	1:54:56	
VP9 - Sportplatz	6.50	1:01:10	9:24	45	26:36	197	39:43	59.30	6:59:27	7:04	28	1:58:03	131	2:24:36	
VP10 - Königswe	6.20	57:48	9:19	60	21:45	251	28:23	65.50	7:57:15	7:17	34	2:19:48	148	2:52:59	
VP11 - Gedenkst	6.80	1:05:51	9:41	59	25:38	252	41:32	72.30	9:03:06	7:30	41	2:44:32	174	3:24:44	
VP12 - Brauhaus	6.90	1:01:41	8:56	48	20:21	201	28:34	79.20	10:04:47	7:38	41	3:00:35	175	3:53:18	
VP13 - Revierförs	5.70	55:32	9:44	53	20:53	228	25:29	84.90	11:00:19	7:46	42	2:43:44	179	4:18:47	
VP14 - Schloss S	6.30	1:11:26	11:20	45	33:51	193	39:59	91.20	12:11:45	8:01	45	3:12:02	182	4:58:46	
VP15 - Pagel & F	7.60	1:07:38	8:53	45	20:51	188	29:56	98.80	13:19:23	8:05	44	3:30:46	187	5:28:42	
VP16 - Karolinenl	4.90	52:28	10:42	48	20:26	204	26:53	103.70	14:11:51	8:12	44	3:51:12	185	5:55:35	
VP17 - Falkensee	6.50	1:10:12	10:48	52	27:53	221	37:41	110.20	15:22:03	8:22	45	4:19:05	194	6:33:16	
VP18 - Schönwal	5.80	58:41	10:07	37	22:46	186	29:36	116.00	16:20:44	8:27	46	4:41:51	202	7:02:52	
VP19 - Grenzturn	7.30	1:16:09	10:25	42	29:47	176	48:03	123.30	17:36:53	8:34	47	5:11:38	195	7:40:14	
VP20 - Rudercluk	4.80	48:17	10:03	37	18:56	154	23:57	128.10	18:25:10	8:37	47	5:30:34	195	8:04:11	
VP21 - Frohnau	4.10	55:08	13:26	44	29:21	184	32:29	132.20	19:20:18	8:46	47	5:59:55	198	8:36:40	
VP22 - Naturschu	6.40	59:51	9:21	32	19:26	132	26:39	138.60	20:20:09	8:48	44	6:19:21	193	9:03:19	
VP23 - Oranienbu	4.50	47:19	10:30	30	19:01	135	22:22	143.10	21:07:28	8:51	42	6:38:22	188	9:25:41	
VP24 - Laufftreff l	5.30	50:10	9:27	22	17:43	90	21:56	148.40	21:57:38	8:52	42	6:56:05	185	9:47:37	
VP25 - Wilhelmsr	5.70	51:51	9:05	24	16:04	82	21:50	154.10	22:49:29	8:53	42	7:12:09	185	10:09:27	
VP26 - Wollankst	3.10	25:27	8:12	12	5:03	34	8:20	157.20	23:14:56	8:52	41	7:17:12	183	10:17:47	
Friedrich-Ludwig	4.20	31:31	7:30	19	6:52	74	11:45	161.90	23:46:27	8:48	40	7:23:55	180	10:28:46	