



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Sziegoleit, Friederike

000: 23:46:56

00: LG Mauerweg Berlin e.V.

00: 6.77 km/h

00: 84

0000: 8:49 min/km

00: 161.90 km

00000/0000: 211 (of 397)

100MeilenBerlin

00000/0: 30 (of 84)

000000: 15:29:48

0000:

00000: 9(of 15)

Seniorinnen W45 (45-49 Jahre)

0000000: 18:57:06

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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	1:05:26	7:36	11	9:52	44	16:22	8.60	1:05:26	7:36	11	9:52	44	16:22
VP2 - East Side G	4.80	32:43	6:48	10	4:40	36	7:56	13.40	1:38:09	7:19	11	14:32	38	24:18
VP3 - Dammweg	5.80	46:17	7:58	12	9:32	55	14:34	19.20	2:24:26	7:31	12	24:04	48	38:52
VP4 - Johannisth	5.70	41:59	7:21	11	7:33	38	11:44	24.90	3:06:25	7:29	12	31:37	48	50:36
VP5 - Imbiß "Am	9.50	1:11:06	7:29	9	13:06	33	19:06	34.40	4:17:31	7:29	11	42:43	40	1:09:42
VP6 - Buckow	4.50	38:29	8:33	12	9:20	51	13:07	38.90	4:56:00	7:36	12	52:03	43	1:22:49
000	7.60	56:15	7:24	8	9:43	25	13:52	46.50	5:52:15	7:34	11	1:01:00	40	1:36:41
VP8 - Osdorfer St	6.30	48:04	7:37	9	10:06	31	12:37	52.80	6:40:19	7:34	11	1:09:19	37	1:49:18
VP9 - Sportplatz	6.50	57:46	8:53	8	14:27	32	21:56	59.30	7:38:05	7:43	10	1:23:46	34	2:11:14
VP10 - Königswe	6.20	50:04	8:04	9	8:33	31	15:20	65.50	8:28:09	7:45	10	1:31:29	34	2:26:34
VP11 - Gedenkst	6.80	1:02:50	9:14	12	16:35	47	24:06	72.30	9:30:59	7:53	10	1:48:04	34	2:50:40
VP12 - Brauhaus	6.90	1:09:52	10:07	11	25:31	56	30:37	79.20	10:40:51	8:05	11	2:12:41	37	3:21:17
VP13 - Revierförs	5.70	58:36	10:16	12	21:30	61	24:43	84.90	11:39:27	8:14	11	2:34:11	37	3:45:48
VP14 - Schloss S	6.30	1:04:02	10:09	8	21:13	30	27:02	91.20	12:43:29	8:22	11	2:55:24	36	4:12:50
VP15 - Pagel & Fi	7.60	1:04:35	8:29	8	12:06	30	21:01	98.80	13:48:04	8:22	11	3:06:19	36	4:33:51
VP16 - Karolinenl	4.90	43:38	8:54	7	8:17	16	14:58	103.70	14:31:42	8:24	11	3:14:36	35	4:48:49
VP17 - Falkensee	6.50	56:36	8:42	7	11:03	24	18:55	110.20	15:28:18	8:25	11	3:24:15	35	5:07:44
VP18 - Schönwal	5.80	56:35	9:45	7	15:24	28	22:47	116.00	16:24:53	8:29	11	3:39:39	35	5:30:31
VP19 - Grenzturn	7.30	1:09:57	9:34	8	17:28	24	25:56	123.30	17:34:50	8:33	10	3:54:21	32	5:56:27
VP20 - Rudercluk	4.80	47:51	9:58	9	13:35	28	26:40	128.10	18:22:41	8:36	10	4:05:33	31	6:15:55
VP21 - Frohnau	4.10	41:19	10:04	5	8:09	14	18:01	132.20	19:04:00	8:39	10	4:13:03	31	6:33:56
VP22 - Naturschu	6.40	59:19	9:16	7	11:17	26	21:14	138.60	20:03:19	8:40	10	4:16:55	27	6:55:10
VP23 - Oranienbu	4.50	43:22	9:38	5	8:27	16	15:12	143.10	20:46:41	8:42	9	4:21:51	26	7:10:22
VP24 - Lauftreff l	5.30	51:21	9:41	6	11:49	18	18:25	148.40	21:38:02	8:44	9	4:28:03	26	7:28:47
VP25 - Wilhelmsr	5.70	1:00:29	10:36	9	19:18	39	25:08	154.10	22:38:31	8:48	9	4:40:44	26	7:53:55
VP26 - Wollankst	3.10	30:00	9:40	5	6:22	22	10:16	157.20	23:08:31	8:49	9	4:43:41	26	8:03:52
Friedrich-Ludwig	4.20	38:25	9:08	8	11:48	33	13:32	161.90	23:46:56	8:48	9	4:49:50	30	8:17:08