



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Roß, Patrick

□□□: 23:51:00

□□: LG Mauerweg e.V.

□□: 6.75 km/h

□□: 354

□□□□: 8:50 min/km

□□: 161.90 km

□□□□□/□□□□: 215 (of 397)

100MeilenBerlin

□□□□□/□: 185 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 43(of 70)

Senioren M45 (45-49 Jahre)

□□□□□□□: 16:22:32

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:05:38	7:37	61	21:24	230	21:30	8.60	1:05:38	7:37	61	21:24	230	21:30
VP2 - East Side G	4.80	33:48	7:02	58	12:43	256	12:45	13.40	1:39:26	7:25	60	34:07	241	34:12
VP3 - Dammweg	5.80	44:08	7:36	55	14:20	236	14:56	19.20	2:23:34	7:28	58	48:27	237	48:43
VP4 - Johannisth	5.70	43:08	7:34	64	16:26	261	18:36	24.90	3:06:42	7:29	61	1:04:53	247	1:07:00
VP5 - Imbiß "Am	9.50	1:17:11	8:07	63	29:49	278	35:39	34.40	4:23:53	7:40	63	1:34:42	261	1:42:36
VP6 - Buckow	4.50	39:52	8:51	61	16:37	265	19:16	38.90	5:03:45	7:48	63	1:51:19	259	2:01:52
□□□	7.60	1:01:24	8:04	58	20:42	236	27:22	46.50	6:05:09	7:51	61	2:11:58	254	2:29:14
VP8 - Osdorfer St	6.30	50:46	8:03	52	17:07	218	23:20	52.80	6:55:55	7:52	60	2:29:05	250	2:52:34
VP9 - Sportplatz	6.50	48:45	7:30	16	14:11	82	27:18	59.30	7:44:40	7:50	55	2:43:16	222	3:09:49
VP10 - Königswe	6.20	1:10:57	11:26	67	34:54	296	41:32	65.50	8:55:37	8:10	58	3:18:10	241	3:51:21
VP11 - Gedenkst	6.80	57:31	8:27	44	17:18	181	33:12	72.30	9:53:08	8:12	59	3:34:34	237	4:14:46
VP12 - Brauhaus	6.90	1:04:51	9:23	53	23:31	224	31:44	79.20	10:57:59	8:18	59	3:53:47	237	4:46:30
VP13 - Revierförs	5.70	49:37	8:42	39	14:58	154	19:34	84.90	11:47:36	8:20	56	3:31:01	230	5:06:04
VP14 - Schloss S	6.30	57:11	9:04	25	19:36	108	25:44	91.20	12:44:47	8:23	54	3:45:04	221	5:31:48
VP15 - Pagel & Fi	7.60	1:03:42	8:22	33	16:55	144	26:00	98.80	13:48:29	8:23	53	3:59:52	217	5:57:48
VP16 - Karolinenl	4.90	1:01:35	12:34	56	29:33	246	36:00	103.70	14:50:04	8:34	54	4:29:25	219	6:33:48
VP17 - Falkensee	6.50	59:59	9:13	38	17:40	167	27:28	110.20	15:50:03	8:37	54	4:47:05	216	7:01:16
VP18 - Schönwal	5.80	57:08	9:51	34	21:13	172	28:03	116.00	16:47:11	8:40	51	5:08:18	210	7:29:19
VP19 - Grenzturn	7.30	1:13:45	10:06	39	27:23	160	45:39	123.30	18:00:56	8:46	50	5:35:41	208	8:04:17
VP20 - Rudercluk	4.80	42:59	8:57	18	13:38	83	18:39	128.10	18:43:55	8:46	49	5:49:19	204	8:22:56
VP21 - Frohnau	4.10	49:33	12:05	31	23:46	142	26:54	132.20	19:33:28	8:52	49	6:13:05	203	8:49:50
VP22 - Naturschu	6.40	56:22	8:48	23	15:57	99	23:10	138.60	20:29:50	8:52	46	6:29:02	197	9:13:00
VP23 - Oranienbu	4.50	41:32	9:13	18	13:14	71	16:35	143.10	21:11:22	8:53	44	6:42:16	190	9:29:35
VP24 - Laufftreff l	5.30	50:14	9:28	23	17:47	91	22:00	148.40	22:01:36	8:54	44	7:00:03	189	9:51:35
VP25 - Wilhelmsr	5.70	51:20	9:00	22	15:33	80	21:19	154.10	22:52:56	8:54	43	7:15:36	186	10:12:54
VP26 - Wollankst	3.10	25:40	8:16	13	5:16	35	8:33	157.20	23:18:36	8:53	43	7:20:52	186	10:21:27
Friedrich-Ludwig	4.20	32:24	7:42	25	7:45	99	12:38	161.90	23:51:00	8:50	43	7:28:28	186	10:33:19