



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Struß, Norbert

□□□: 24:43:16

□□: Stolpertruppe Winsen

□□: 6.51 km/h

□□: 319

□□□□: 9:10 min/km

□□: 161.90 km

□□□□□/□□□: 221 (of 397)

100MeilenBerlin

□□□□□/□: 189 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 27(of 50)

Senioren M55 (55-59 Jahre)

□□□□□□□: 18:35:32

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Checkpoint	8.60	1:02:20	7:14	29	12:57	189	18:12	8.60	1:02:20	7:14	29	12:57	189	18:12
VP2 - East Side G	4.80	31:53	6:38	31	7:07	207	10:50	13.40	1:34:13	7:01	30	20:04	192	28:59
VP3 - Dammweg	5.80	39:37	6:49	22	5:04	138	10:25	19.20	2:13:50	6:58	27	25:08	179	38:59
VP4 - Johannisth	5.70	39:21	6:54	29	7:39	186	14:49	24.90	2:53:11	6:57	28	32:36	179	53:29
VP5 - Imbiß "Am	9.50	1:08:09	7:10	26	13:28	185	26:37	34.40	4:01:20	7:00	28	46:04	183	1:20:03
VP6 - Buckow	4.50	34:08	7:35	24	7:34	172	13:32	38.90	4:35:28	7:04	28	53:38	182	1:33:35
□□□	7.60	54:33	7:10	23	9:46	150	20:31	46.50	5:30:01	7:05	26	1:03:24	177	1:54:06
VP8 - Osdorfer St	6.30	43:33	6:54	13	6:46	107	16:07	52.80	6:13:34	7:04	23	1:09:13	168	2:10:13
VP9 - Sportplatz	6.50	49:03	7:32	11	11:17	90	27:36	59.30	7:02:37	7:07	20	1:14:33	139	2:27:46
VP10 - Königswe	6.20	47:00	7:34	17	6:48	127	17:35	65.50	7:49:37	7:10	20	1:17:56	131	2:45:21
VP11 - Gedenkst	6.80	1:08:25	10:03	38	44:06	262	44:06	72.30	8:58:02	7:26	23	1:37:03	159	3:19:40
VP12 - Brauhaus	6.90	1:05:14	9:27	31	19:36	227	32:07	79.20	10:03:16	7:37	25	1:50:18	173	3:51:47
VP13 - Revierförs	5.70	50:25	8:50	24	9:46	170	20:22	84.90	10:53:41	7:41	25	1:57:24	171	4:12:09
VP14 - Schloss S	6.30	59:26	9:26	19	14:08	123	27:59	91.20	11:53:07	7:49	23	2:11:32	148	4:40:08
VP15 - Pagel & Fi	7.60	1:05:53	8:40	26	15:31	174	28:11	98.80	12:59:00	7:53	23	2:23:11	148	5:08:19
VP16 - Karolinenl	4.90	55:00	11:13	32	17:02	216	29:25	103.70	13:54:00	8:02	24	2:33:21	157	5:37:44
VP17 - Falkensee	6.50	1:05:19	10:02	31	19:10	206	32:48	110.20	14:59:19	8:09	28	2:45:52	172	6:10:32
VP18 - Schönwal	5.80	1:01:32	10:36	31	21:59	210	32:27	116.00	16:00:51	8:16	28	3:06:05	175	6:42:59
VP19 - Grenzturn	7.30	1:46:40	14:36	39	1:15:17	261	1:18:34	123.30	17:47:31	8:39	28	4:00:55	203	7:50:52
VP20 - Rudercluk	4.80	47:56	9:59	19	13:21	150	23:36	128.10	18:35:27	8:42	28	4:14:16	200	8:14:28
VP21 - Frohnau	4.10	40:46	9:56	10	7:04	69	18:07	132.20	19:16:13	8:44	28	4:21:20	195	8:32:35
VP22 - Naturschu	6.40	1:04:07	10:01	25	16:04	172	30:55	138.60	20:20:20	8:48	28	4:37:24	194	9:03:30
VP23 - Oranienbu	4.50	44:42	9:56	13	10:38	101	19:45	143.10	21:05:02	8:50	27	4:48:02	186	9:23:15
VP24 - Lauftreff l	5.30	53:12	10:02	17	13:46	133	24:58	148.40	21:58:14	8:52	27	5:00:56	186	9:48:13
VP25 - Wilhelmsr	5.70	1:14:55	13:08	40	32:16	241	44:54	154.10	23:13:09	9:02	27	5:33:12	188	10:33:07
VP26 - Wollankst	3.10	46:34	15:01	40	21:36	250	29:27	157.20	23:59:43	9:09	27	5:54:48	190	11:02:34
Friedrich-Ludwig	4.20	43:33	10:22	34	16:36	221	23:47	161.90	24:43:16	9:09	27	6:07:44	190	11:25:35