



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Steinicke, Thomas

□□□: 24:45:05

□□: LG Mauerweg/SGW 05 Berlin

□□: 6.50 km/h

□□: 139

□□□□: 9:10 min/km

□□: 161.90 km

□□□□□/□□□: 222 (of 397)

100MeilenBerlin

□□□□□/□: 190 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 28(of 50)

Senioren M55 (55-59 Jahre)

□□□□□□□: 18:35:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
VP1 - Checkpoint	8.60	1:07:50	7:53	44	18:27	259	23:42	8.60	1:07:50	7:53	44	18:27	259	23:42
VP2 - East Side G	4.80	32:34	6:47	34	7:48	223	11:31	13.40	1:40:24	7:29	43	26:15	255	35:10
VP3 - Dammweg	5.80	51:15	8:50	48	16:42	307	22:03	19.20	2:31:39	7:53	44	42:57	284	56:48
VP4 - Johannisth	5.70	41:07	7:12	35	9:25	224	16:35	24.90	3:12:46	7:44	44	52:11	276	1:13:04
VP5 - Imbiß "Am	9.50	1:08:35	7:13	28	13:54	191	27:03	34.40	4:21:21	7:35	43	1:06:05	254	1:40:04
VP6 - Buckow	4.50	47:45	10:36	49	21:11	307	27:09	38.90	5:09:06	7:56	44	1:27:16	274	2:07:13
□□□	7.60	1:02:20	8:12	36	17:33	247	28:18	46.50	6:11:26	7:59	45	1:44:49	270	2:35:31
VP8 - Osdorfer St	6.30	53:57	8:33	35	17:10	244	26:31	52.80	7:05:23	8:03	42	2:01:02	263	3:02:02
VP9 - Sportplatz	6.50	50:17	7:44	16	12:31	98	28:50	59.30	7:55:40	8:01	33	2:07:36	233	3:20:49
VP10 - Königswe	6.20	1:03:46	10:17	44	23:34	281	34:21	65.50	8:59:26	8:14	37	2:27:45	248	3:55:10
VP11 - Gedenkst	6.80	53:55	7:55	17	29:36	121	29:36	72.30	9:53:21	8:12	32	2:32:22	238	4:14:59
VP12 - Brauhaus	6.90	58:49	8:31	22	13:11	174	25:42	79.20	10:52:10	8:14	32	2:39:12	233	4:40:41
VP13 - Revierförs	5.70	47:15	8:17	14	6:36	122	17:12	84.90	11:39:25	8:14	32	2:43:08	224	4:57:53
VP14 - Schloss S	6.30	1:02:49	9:58	23	17:31	144	31:22	91.20	12:42:14	8:21	32	3:00:39	218	5:29:15
VP15 - Pagel & Fi	7.60	58:39	7:43	12	8:17	77	20:57	98.80	13:40:53	8:18	29	3:05:04	210	5:50:12
VP16 - Karolinenl	4.90	50:18	10:15	28	12:20	185	24:43	103.70	14:31:11	8:24	29	3:10:32	210	6:14:55
VP17 - Falkensee	6.50	1:03:47	9:48	29	17:38	195	31:16	110.20	15:34:58	8:29	29	3:21:31	210	6:46:11
VP18 - Schönwal	5.80	56:15	9:41	24	16:42	162	27:10	116.00	16:31:13	8:32	29	3:36:27	207	7:13:21
VP19 - Grenzturn	7.30	1:18:02	10:41	29	46:39	189	49:56	123.30	17:49:15	8:40	29	4:02:39	204	7:52:36
VP20 - Rudercluk	4.80	1:09:37	14:30	35	35:02	254	45:17	128.10	18:58:52	8:53	29	4:37:41	206	8:37:53
VP21 - Frohnau	4.10	44:43	10:54	22	11:01	108	22:04	132.20	19:43:35	8:57	29	4:48:42	205	8:59:57
VP22 - Naturschu	6.40	1:10:36	11:01	33	22:33	205	37:24	138.60	20:54:11	9:02	29	5:11:15	204	9:37:21
VP23 - Oranienbu	4.50	48:42	10:49	24	14:38	155	23:45	143.10	21:42:53	9:06	29	5:25:53	201	10:01:06
VP24 - Laufftreff l	5.30	1:02:41	11:49	35	23:15	217	34:27	148.40	22:45:34	9:12	29	5:48:16	199	10:35:33
VP25 - Wilhelmsr	5.70	54:34	9:34	13	11:55	108	24:33	154.10	23:40:08	9:12	28	6:00:11	195	11:00:06
VP26 - Wollankst	3.10	31:55	10:17	15	6:57	122	14:48	157.20	24:12:03	9:14	28	6:07:08	192	11:14:54
Friedrich-Ludwig	4.20	33:02	7:51	13	6:05	110	13:16	161.90	24:45:05	9:10	28	6:09:33	191	11:27:24