



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Seifert, Anja

00: PSV Kamenz

00: 337

00: 161.90 km

100MeilenBerlin

0000:

Seniorinnen W40 (40-44 Jahre)

000: 25:15:12

00: 6.41 km/h

0000: 9:22 min/km

00000/0000: 234 (of 397)

00000/0: 34 (of 84)

000000: 15:29:48

00000: 6(of 13)

0000000: 15:29:48

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Checkpoint	8.60	1:10:05	8:08	13	21:01	72	21:01	8.60	1:10:05	8:08	13	21:01	72	21:01
VP2 - East Side G	4.80	32:54	6:51	8	8:07	42	8:07	13.40	1:42:59	7:41	11	29:08	56	29:08
VP3 - Dammweg	5.80	43:07	7:26	8	11:24	33	11:24	19.20	2:26:06	7:36	11	40:32	49	40:32
VP4 - Johannisth	5.70	42:04	7:22	9	11:49	41	11:49	24.90	3:08:10	7:33	11	52:21	49	52:21
VP5 - Imbiß "Am	9.50	1:14:08	7:48	9	22:08	45	22:08	34.40	4:22:18	7:37	11	1:14:29	48	1:14:29
VP6 - Buckow	4.50	38:04	8:27	10	12:42	49	12:42	38.90	5:00:22	7:43	10	1:27:11	46	1:27:11
000	7.60	58:53	7:44	9	16:30	37	16:30	46.50	5:59:15	7:43	9	1:43:41	43	1:43:41
VP8 - Osdorfer St	6.30	48:52	7:45	8	13:25	34	13:25	52.80	6:48:07	7:43	9	1:57:06	43	1:57:06
VP9 - Sportplatz	6.50	1:12:43	11:11	10	36:53	61	36:53	59.30	8:00:50	8:06	8	2:33:59	45	2:33:59
VP10 - Königswe	6.20	50:31	8:08	8	15:47	33	15:47	65.50	8:51:21	8:06	8	2:49:46	45	2:49:46
VP11 - Gedenkst	6.80	57:25	8:26	7	18:41	26	18:41	72.30	9:48:46	8:08	8	3:08:27	44	3:08:27
VP12 - Brauhaus	6.90	1:01:59	8:58	6	22:44	31	22:44	79.20	10:50:45	8:12	8	3:31:11	39	3:31:11
VP13 - Revierförs	5.70	1:02:44	11:00	12	28:39	69	28:51	84.90	11:53:29	8:24	8	3:59:50	45	3:59:50
VP14 - Schloss S	6.30	1:27:02	13:48	9	50:02	66	50:02	91.20	13:20:31	8:46	9	4:49:52	49	4:49:52
VP15 - Pagel & Fi	7.60	1:03:40	8:22	5	20:06	27	20:06	98.80	14:24:11	8:44	9	5:09:58	47	5:09:58
VP16 - Karolinenl	4.90	51:04	10:25	7	22:24	37	22:24	103.70	15:15:15	8:49	9	5:32:22	47	5:32:22
VP17 - Falkensee	6.50	1:02:45	9:39	8	25:04	36	25:04	110.20	16:18:00	8:52	9	5:57:26	44	5:57:26
VP18 - Schönwal	5.80	1:03:28	10:56	8	29:40	40	29:40	116.00	17:21:28	8:58	9	6:27:06	42	6:27:06
VP19 - Grenzturn	7.30	1:10:28	9:39	5	26:27	25	26:27	123.30	18:31:56	9:01	8	6:53:33	40	6:53:33
VP20 - Rudercluk	4.80	51:25	10:42	6	30:14	33	30:14	128.10	19:23:21	9:04	7	7:16:35	39	7:16:35
VP21 - Frohnau	4.10	47:25	11:33	5	24:07	27	24:07	132.20	20:10:46	9:09	7	7:40:42	38	7:40:42
VP22 - Naturschu	6.40	55:04	8:36	3	16:59	12	16:59	138.60	21:05:50	9:07	7	7:57:41	38	7:57:41
VP23 - Oranienbu	4.50	58:36	13:01	9	30:26	51	30:26	143.10	22:04:26	9:15	7	8:28:07	37	8:28:07
VP24 - Laufftreff l	5.30	1:16:04	14:21	8	43:08	63	43:08	148.40	23:20:30	9:26	7	9:11:15	37	9:11:15
VP25 - Wilhelmsr	5.70	52:45	9:15	5	17:24	20	17:24	154.10	24:13:15	9:25	6	9:28:39	36	9:28:39
VP26 - Wollankst	3.10	29:15	9:26	4	9:12	20	9:31	157.20	24:42:30	9:25	6	9:37:51	35	9:37:51
Friedrich-Ludwig	4.20	32:42	7:47	4	7:33	18	7:49	161.90	25:15:12	9:21	6	9:45:24	34	9:45:24