



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Laser, Ingo

00: Berlin

00: 168

00: 161.90 km

100MeilenBerlin

0000:

Senioren M60 (60-64 Jahre)

000: 28:10:01

00: 5.72 km/h

0000: 10:26 min/km

00000/0000: 283 (of 397)

00000/0: 229 (of 313)

000000: 13:17:41

00000: 11(of 20)

0000000: 15:36:02

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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	1:08:01	7:54	16	19:42	262	23:53	8.60	1:08:01	7:54	16	19:42	262	23:53
VP2 - East Side G	4.80	36:04	7:30	18	11:05	289	15:01	13.40	1:44:05	7:46	18	30:39	276	38:51
VP3 - Dammweg	5.80	47:57	8:16	18	15:28	289	18:45	19.20	2:32:02	7:55	18	46:07	286	57:11
VP4 - Johannisth	5.70	44:33	7:48	18	14:57	282	20:01	24.90	3:16:35	7:53	18	1:00:54	286	1:16:53
VP5 - Imbiß "Am	9.50	1:14:40	7:51	15	23:28	259	33:08	34.40	4:31:15	7:53	18	1:24:22	284	1:49:58
VP6 - Buckow	4.50	38:33	8:33	14	13:13	256	17:57	38.90	5:09:48	7:57	16	1:37:35	277	2:07:55
000	7.60	1:02:15	8:11	13	21:48	246	28:13	46.50	6:12:03	8:00	16	1:59:23	274	2:36:08
VP8 - Osdorfer St	6.30	52:57	8:24	12	18:21	234	25:31	52.80	7:05:00	8:02	14	2:17:44	262	3:01:39
VP9 - Sportplatz	6.50	56:14	8:39	10	34:47	156	34:47	59.30	8:01:14	8:06	13	2:36:57	243	3:26:23
VP10 - Königswe	6.20	49:03	7:54	6	13:36	156	19:38	65.50	8:50:17	8:05	13	2:50:33	238	3:46:01
VP11 - Gedenkst	6.80	58:33	8:36	8	20:01	200	34:14	72.30	9:48:50	8:08	13	3:10:34	233	4:10:28
VP12 - Brauhaus	6.90	57:34	8:20	8	18:30	161	24:27	79.20	10:46:24	8:09	12	3:29:04	228	4:34:55
VP13 - Revierförs	5.70	53:15	9:20	11	20:31	219	23:12	84.90	11:39:39	8:14	12	3:49:35	226	4:58:07
VP14 - Schloss S	6.30	1:08:10	10:49	5	32:57	177	36:43	91.20	12:47:49	8:25	11	4:22:32	223	5:34:50
VP15 - Pagel & Fi	7.60	1:13:35	9:40	11	31:24	220	35:53	98.80	14:01:24	8:30	11	4:53:56	223	6:10:43
VP16 - Karolinenl	4.90	53:02	10:49	10	23:36	206	27:27	103.70	14:54:26	8:37	10	5:17:32	220	6:38:10
VP17 - Falkensee	6.50	1:46:50	16:26	17	1:08:52	278	1:14:19	110.20	16:41:16	9:05	11	6:26:24	231	7:52:29
VP18 - Schönwal	5.80	1:16:50	13:14	14	41:31	265	47:45	116.00	17:58:06	9:17	11	7:07:55	232	8:40:14
VP19 - Grenzturn	7.30	1:37:01	13:17	13	1:01:21	244	1:08:55	123.30	19:35:07	9:31	11	8:00:39	233	9:38:28
VP20 - Rudercluk	4.80	1:04:01	13:20	13	35:14	243	39:41	128.10	20:39:08	9:40	11	8:35:53	231	10:18:09
VP21 - Frohnau	4.10	57:04	13:55	9	30:36	198	34:25	132.20	21:36:12	9:48	11	9:06:29	228	10:52:34
VP22 - Naturschu	6.40	1:30:10	14:05	14	50:01	257	56:58	138.60	23:06:22	10:00	11	9:56:30	228	11:49:32
VP23 - Oranienbu	4.50	1:04:54	14:25	14	34:52	246	39:57	143.10	24:11:16	10:08	11	10:31:22	227	12:29:29
VP24 - Lauftreff l	5.30	1:18:51	14:52	14	44:55	256	50:37	148.40	25:30:07	10:18	11	11:16:17	229	13:20:06
VP25 - Wilhelmsr	5.70	1:18:46	13:49	13	43:26	249	48:45	154.10	26:48:53	10:26	11	11:59:43	231	14:08:51
VP26 - Wollankst	3.10	35:39	11:30	8	12:40	186	18:32	157.20	27:24:32	10:27	11	12:12:23	228	14:27:23
Friedrich-Ludwig	4.20	45:29	10:49	10	21:36	230	25:43	161.90	28:10:01	10:26	11	12:33:59	230	14:52:20