



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

□□□□

Pflügler, Christian

□□□: 28:34:06

□□: 6h-Lauf-Münster

□□: 5.64 km/h

□□: 66

□□□□: 10:35 min/km

□□: 161.90 km

□□□□□/□□□: 293 (of 397)

100MeilenBerlin

□□□□□/□: 234 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 61(of 75)

Senioren M50 (50-54 Jahre)

□□□□□□□: 14:30:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:09:07	8:02	65	24:58	275	24:59	8.60	1:09:07	8:02	65	24:58	275	24:59
VP2 - East Side G	4.80	34:08	7:06	65	13:05	261	13:05	13.40	1:43:15	7:42	66	38:01	273	38:01
VP3 - Dammweg	5.80	47:06	8:07	72	17:36	283	17:54	19.20	2:30:21	7:49	68	55:27	278	55:30
VP4 - Johannisth	5.70	45:43	8:01	73	20:55	293	21:11	24.90	3:16:04	7:52	72	1:16:22	285	1:16:22
VP5 - Imbiß "Am	9.50	1:17:21	8:08	72	35:00	280	35:49	34.40	4:33:25	7:56	73	1:51:22	287	1:52:08
VP6 - Buckow	4.50	46:14	10:16	72	24:59	301	25:38	38.90	5:19:39	8:13	72	2:16:21	290	2:17:46
□□□	7.60	1:23:39	11:00	75	47:11	310	49:37	46.50	6:43:18	8:40	75	3:03:07	304	3:07:23
VP8 - Osdorfer St	6.30	1:00:48	9:39	73	30:33	290	33:22	52.80	7:44:06	8:47	75	3:33:40	302	3:40:45
VP9 - Sportplatz	6.50	1:00:04	9:14	51	28:39	185	38:37	59.30	8:44:10	8:50	74	4:02:19	295	4:09:19
VP10 - Königswe	6.20	1:01:27	9:54	71	30:14	274	32:02	65.50	9:45:37	8:56	72	4:32:33	288	4:41:21
VP11 - Gedenkst	6.80	1:12:43	10:41	70	37:50	275	48:24	72.30	10:58:20	9:06	71	5:09:22	283	5:19:58
VP12 - Brauhaus	6.90	1:12:22	10:29	67	36:40	267	39:15	79.20	12:10:42	9:13	73	5:46:02	283	5:59:13
VP13 - Revierförs	5.70	53:24	9:22	59	22:47	222	23:21	84.90	13:04:06	9:14	70	6:08:49	274	6:22:34
VP14 - Schloss S	6.30	1:36:21	15:17	69	1:02:57	278	1:04:54	91.20	14:40:27	9:39	71	7:11:26	273	7:27:28
VP15 - Pagel & Fi	7.60	1:20:08	10:32	66	40:21	254	42:26	98.80	16:00:35	9:43	70	7:48:43	270	8:09:54
VP16 - Karolinenl	4.90	1:01:51	12:37	66	34:44	249	36:16	103.70	17:02:26	9:51	69	8:23:27	263	8:46:10
VP17 - Falkensee	6.50	1:25:44	13:11	69	48:00	265	53:13	110.20	18:28:10	10:03	69	9:07:23	262	9:39:23
VP18 - Schönwal	5.80	52:30	9:03	36	19:59	125	23:25	116.00	19:20:40	10:00	69	9:27:19	258	10:02:48
VP19 - Grenzturn	7.30	1:28:09	12:04	61	45:00	223	1:00:03	123.30	20:48:49	10:07	66	10:11:11	250	10:52:10
VP20 - Rudercluk	4.80	59:05	12:18	63	31:27	225	34:45	128.10	21:47:54	10:12	64	10:42:38	247	11:26:55
VP21 - Frohnau	4.10	1:07:00	16:20	55	43:02	239	44:21	132.20	22:54:54	10:24	63	11:25:40	244	12:11:16
VP22 - Naturschu	6.40	1:15:29	11:47	58	38:00	223	42:17	138.60	24:10:23	10:27	63	11:59:38	243	12:53:33
VP23 - Oranienbu	4.50	1:01:30	13:39	58	34:24	230	36:33	143.10	25:11:53	10:33	63	12:33:09	241	13:30:06
VP24 - Laufftreff l	5.30	1:01:47	11:39	57	30:30	210	33:33	148.40	26:13:40	10:36	63	13:03:39	241	14:03:39
VP25 - Wilhelmsr	5.70	1:04:12	11:15	53	31:04	199	34:11	154.10	27:17:52	10:37	62	13:34:01	238	14:37:50
VP26 - Wollankst	3.10	33:59	10:57	45	15:59	153	16:52	157.20	27:51:51	10:38	62	13:50:00	237	14:54:42
Friedrich-Ludwig	4.20	42:15	10:03	55	20:38	212	22:29	161.90	28:34:06	10:35	62	14:08:42	235	15:16:25