



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Plötz, Sybille

000: 28:44:12

00: Laufen und Helfen

00: 5.60 km/h

00: 124

0000: 10:39 min/km

00: 161.90 km

00000/0000: 296 (of 397)

100MeilenBerlin

00000/0: 59 (of 84)

000000: 15:29:48

0000:

00000: 12(of 19)

Seniorinnen W50 (50-54 Jahre)

0000000: 19:38:15

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
VP1 - Checkpoint	8.60	1:08:50	8:00	12	13:58	61	19:46	8.60	1:08:50	8:00	12	13:58	61	19:46	
VP2 - East Side G	4.80	33:32	6:59	8	3:39	49	8:45	13.40	1:42:22	7:38	10	17:19	53	28:31	
VP3 - Dammweg	5.80	45:52	7:54	10	7:49	52	14:09	19.20	2:28:14	7:43	9	25:08	51	42:40	
VP4 - Johannisth	5.70	44:48	7:51	13	9:19	61	14:33	24.90	3:13:02	7:45	11	32:34	56	57:13	
VP5 - Imbiß "Am	9.50	1:15:53	7:59	9	13:21	50	23:53	34.40	4:28:55	7:49	10	45:20	54	1:21:06	
VP6 - Buckow	4.50	42:37	9:28	14	10:43	64	17:15	38.90	5:11:32	8:00	12	55:18	59	1:38:21	
000	7.60	1:11:56	9:27	14	20:40	69	29:33	46.50	6:23:28	8:14	13	1:15:58	62	2:07:54	
VP8 - Osdorfer St	6.30	49:49	7:54	5	6:22	39	14:22	52.80	7:13:17	8:12	13	1:22:20	60	2:22:16	
VP9 - Sportplatz	6.50	1:26:54	13:22	18	43:14	78	51:04	59.30	8:40:11	8:46	14	2:05:34	65	3:13:20	
VP10 - Königswe	6.20	53:14	8:35	9	9:08	46	18:30	65.50	9:33:25	8:45	14	2:14:42	64	3:31:50	
VP11 - Gedenkst	6.80	1:11:26	10:30	14	20:41	67	32:42	72.30	10:44:51	8:55	14	2:35:23	64	4:04:32	
VP12 - Brauhaus	6.90	1:09:25	10:03	8	17:46	53	30:10	79.20	11:54:16	9:01	14	2:53:09	64	4:34:42	
VP13 - Revierförs	5.70	53:26	9:22	9	11:38	42	19:33	84.90	12:47:42	9:02	13	3:04:47	62	4:54:03	
VP14 - Schloss S	6.30	1:36:30	15:19	15	45:04	72	59:30	91.20	14:24:12	9:28	13	3:49:51	64	5:53:33	
VP15 - Pagel & Fi	7.60	1:13:44	9:42	8	19:26	49	30:10	98.80	15:37:56	9:29	13	4:09:17	64	6:23:43	
VP16 - Karolinenl	4.90	1:05:58	13:27	14	30:18	66	37:18	103.70	16:43:54	9:40	13	4:39:35	64	7:01:01	
VP17 - Falkensee	6.50	1:16:29	11:46	9	30:22	53	38:48	110.20	18:00:23	9:48	13	5:09:57	64	7:39:49	
VP18 - Schönwal	5.80	1:18:06	13:27	15	36:42	67	44:18	116.00	19:18:29	9:59	13	5:46:39	64	8:24:07	
VP19 - Grenzturn	7.30	1:32:28	12:40	9	37:43	51	48:27	123.30	20:50:57	10:08	12	6:24:22	62	9:12:34	
VP20 - Rudercluk	4.80	1:01:04	12:43	12	24:08	54	39:53	128.10	21:52:01	10:14	12	6:48:30	61	9:45:15	
VP21 - Frohnau	4.10	1:12:07	17:35	14	31:11	63	48:49	132.20	23:04:08	10:28	12	7:19:41	60	10:34:04	
VP22 - Naturschu	6.40	1:13:01	11:24	10	25:09	44	34:56	138.60	24:17:09	10:30	12	7:44:50	60	11:09:00	
VP23 - Oranienbu	4.50	1:05:19	14:30	14	29:49	60	37:09	143.10	25:22:28	10:38	12	8:14:39	59	11:46:09	
VP24 - Lauftreff l	5.30	58:44	11:04	9	19:33	39	25:48	148.40	26:21:12	10:39	12	8:34:12	59	12:11:57	
VP25 - Wilhelmsr	5.70	1:06:04	11:35	13	17:32	54	30:43	154.10	27:27:16	10:41	12	8:49:46	59	12:42:40	
VP26 - Wollankst	3.10	34:40	11:10	9	9:40	44	14:56	157.20	28:01:56	10:41	12	8:56:34	59	12:57:17	
Friedrich-Ludwig	4.20	42:16	10:03	13	13:48	51	17:23	161.90	28:44:12	10:38	12	9:05:57	59	13:14:24	