



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Friedl, Mike

□□□: 29:08:15

□□: LG Mauerweg Berlin e.V.

□□: 5.53 km/h

□□: 435

□□□□: 10:48 min/km

□□: 161.90 km

□□□□□/□□□: 308 (of 397)

100MeilenBerlin

□□□□□/□: 248 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 8(of 10)

Senioren M65 (65-69 Jahre)

□□□□□□□: 20:42:49

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Checkpoint	8.60	1:10:57	8:15	10	13:06	298	26:49	8.60	1:10:57	8:15	10	13:06	298	26:49
VP2 - East Side G	4.80	37:04	7:43	10	7:17	301	16:01	13.40	1:48:01	8:03	10	18:41	302	42:47
VP3 - Dammweg	5.80	49:55	8:36	9	10:51	301	20:43	19.20	2:37:56	8:13	10	29:32	304	1:03:05
VP4 - Johannisth	5.70	47:16	8:17	9	11:42	296	22:44	24.90	3:25:12	8:14	10	39:33	303	1:25:30
VP5 - Imbiß "Am	9.50	1:19:46	8:23	9	19:06	292	38:14	34.40	4:44:58	8:17	9	55:25	299	2:03:41
VP6 - Buckow	4.50	40:30	9:00	8	9:33	271	19:54	38.90	5:25:28	8:22	9	1:03:17	296	2:23:35
□□□	7.60	1:13:04	9:36	9	20:00	298	39:02	46.50	6:38:32	8:34	10	1:23:17	301	3:02:37
VP8 - Osdorfer St	6.30	56:42	9:00	7	13:51	267	29:16	52.80	7:35:14	8:37	10	1:36:37	297	3:31:53
VP9 - Sportplatz	6.50	1:01:42	9:29	5	15:47	202	40:15	59.30	8:36:56	8:43	10	1:52:24	284	4:02:05
VP10 - Königswe	6.20	57:03	9:12	7	11:53	243	27:38	65.50	9:33:59	8:45	8	2:03:35	277	4:29:43
VP11 - Gedenkst	6.80	1:04:33	9:29	6	15:31	246	40:14	72.30	10:38:32	8:49	8	2:19:06	270	5:00:10
VP12 - Brauhaus	6.90	1:06:56	9:42	9	14:21	243	33:49	79.20	11:45:28	8:54	9	2:32:41	265	5:33:59
VP13 - Revierförs	5.70	1:05:23	11:28	9	23:29	279	35:20	84.90	12:50:51	9:04	9	2:56:10	269	6:09:19
VP14 - Schloss S	6.30	1:24:07	13:21	9	33:51	252	52:40	91.20	14:14:58	9:22	9	3:30:01	260	7:01:59
VP15 - Pagel & F	7.60	1:21:13	10:41	9	26:15	256	43:31	98.80	15:36:11	9:28	9	3:56:16	263	7:45:30
VP16 - Karolinenl	4.90	58:09	11:52	7	17:15	227	32:34	103.70	16:34:20	9:35	9	4:13:31	256	8:18:04
VP17 - Falkensee	6.50	1:21:50	12:35	8	30:00	256	49:19	110.20	17:56:10	9:45	9	4:43:31	256	9:07:23
VP18 - Schönwal	5.80	1:24:52	14:37	9	38:26	271	55:47	116.00	19:21:02	10:00	9	5:21:57	259	10:03:10
VP19 - Grenzturn	7.30	1:27:55	12:02	7	22:23	221	59:49	123.30	20:48:57	10:07	8	5:41:17	251	10:52:18
VP20 - Rudercluk	4.80	1:21:13	16:55	9	40:16	266	56:53	128.10	22:10:10	10:23	8	6:19:29	255	11:49:11
VP21 - Frohnau	4.10	54:28	13:17	6	13:43	182	31:49	132.20	23:04:38	10:28	8	6:31:50	251	12:21:00
VP22 - Naturschu	6.40	1:15:15	11:45	9	19:57	221	42:03	138.60	24:19:53	10:31	8	6:51:47	248	13:03:03
VP23 - Oranienbu	4.50	1:03:32	14:07	8	26:16	239	38:35	143.10	25:23:25	10:38	8	7:18:03	246	13:41:38
VP24 - Laufftreff l	5.30	1:06:05	12:28	8	17:46	226	37:51	148.40	26:29:30	10:42	8	7:35:49	247	14:19:29
VP25 - Wilhelmsr	5.70	1:12:20	12:41	9	24:49	235	42:19	154.10	27:41:50	10:47	8	8:00:38	247	15:01:48
VP26 - Wollankst	3.10	39:11	12:38	7	11:50	226	22:04	157.20	28:21:01	10:49	8	8:10:04	249	15:23:52
Friedrich-Ludwig	4.20	47:14	11:14	8	15:22	241	27:28	161.90	29:08:15	10:47	8	8:25:26	249	15:50:34