



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Baars, OLaF

□□: WKF Bergfried 91 Dresden

□□: 75

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 29:38:21

□□: 5.46 km/h

□□□□: 10:59 min/km

□□□□□/□□□: 317 (of 397)

□□□□□/□: 254 (of 313)

□□□□□□: 13:17:41

□□□□□: 37(of 50)

□□□□□□□: 18:35:32

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□□□□

□□□

| □□□                | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>-  | □□<br>- | □□<br>□  | □□<br>□ |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|----------|---------|----------|---------|
| VP1 - Checkpoint   | 8.60     | 59:10    | 6:52         | 18      | 9:47    | 143     | 15:02   | 8.60   | 59:10     | 6:52      | 18            | 9:47     | 143     | 15:02    |         |
| VP2 - East Side G  | 4.80     | 30:55    | 6:26         | 28      | 6:09    | 182     | 9:52    | 13.40  | 1:30:05   | 6:43      | 19            | 15:56    | 152     | 24:51    |         |
| VP3 - Dammweg      | 5.80     | 40:58    | 7:03         | 26      | 6:25    | 174     | 11:46   | 19.20  | 2:11:03   | 6:49      | 21            | 22:21    | 161     | 36:12    |         |
| VP4 - Johannisth   | 5.70     | 39:39    | 6:57         | 31      | 7:57    | 195     | 15:07   | 24.90  | 2:50:42   | 6:51      | 23            | 30:07    | 166     | 51:00    |         |
| VP5 - Imbiß "Am    | 9.50     | 1:09:38  | 7:19         | 30      | 14:57   | 209     | 28:06   | 34.40  | 4:00:20   | 6:59      | 25            | 45:04    | 178     | 1:19:03  |         |
| VP6 - Buckow       | 4.50     | 40:52    | 9:04         | 41      | 14:18   | 275     | 20:16   | 38.90  | 4:41:12   | 7:13      | 30            | 59:22    | 197     | 1:39:19  |         |
| □□□                | 7.60     | 1:05:10  | 8:34         | 41      | 20:23   | 266     | 31:08   | 46.50  | 5:46:22   | 7:26      | 32            | 1:19:45  | 212     | 2:10:27  |         |
| VP8 - Osdorfer St  | 6.30     | 58:00    | 9:12         | 42      | 21:13   | 276     | 30:34   | 52.80  | 6:44:22   | 7:39      | 35            | 1:40:01  | 231     | 2:41:01  |         |
| VP9 - Sportplatz   | 6.50     | 1:13:47  | 11:21        | 40      | 36:01   | 268     | 52:20   | 59.30  | 7:58:09   | 8:03      | 35            | 2:10:05  | 240     | 3:23:18  |         |
| VP10 - Königswe    | 6.20     | 58:26    | 9:25         | 39      | 18:14   | 254     | 29:01   | 65.50  | 8:56:35   | 8:11      | 36            | 2:24:54  | 245     | 3:52:19  |         |
| VP11 - Gedenkst    | 6.80     | 1:19:03  | 11:37        | 43      | 54:44   | 289     | 54:44   | 72.30  | 10:15:38  | 8:30      | 37            | 2:54:39  | 252     | 4:37:16  |         |
| VP12 - Brauhaus    | 6.90     | 1:12:33  | 10:30        | 38      | 26:55   | 268     | 39:26   | 79.20  | 11:28:11  | 8:41      | 37            | 3:15:13  | 254     | 5:16:42  |         |
| VP13 - Revierförs  | 5.70     | 1:15:30  | 13:14        | 44      | 34:51   | 291     | 45:27   | 84.90  | 12:43:41  | 8:59      | 38            | 3:47:24  | 262     | 6:02:09  |         |
| VP14 - Schloss S   | 6.30     | 1:35:17  | 15:07        | 41      | 49:59   | 274     | 1:03:50 | 91.20  | 14:18:58  | 9:25      | 38            | 4:37:23  | 264     | 7:05:59  |         |
| VP15 - Pagel & F   | 7.60     | 1:26:28  | 11:22        | 40      | 36:06   | 272     | 48:46   | 98.80  | 15:45:26  | 9:34      | 39            | 5:09:37  | 267     | 7:54:45  |         |
| VP16 - Karolinenl  | 4.90     | 1:25:00  | 17:20        | 42      | 47:02   | 277     | 59:25   | 103.70 | 17:10:26  | 9:56      | 39            | 5:49:47  | 265     | 8:54:10  |         |
| VP17 - Falkensee   | 6.50     | 1:35:13  | 14:38        | 42      | 49:04   | 276     | 1:02:42 | 110.20 | 18:45:39  | 10:12     | 41            | 6:32:12  | 266     | 9:56:52  |         |
| VP18 - Schönwal    | 5.80     | 1:25:58  | 14:49        | 40      | 46:25   | 272     | 56:53   | 116.00 | 20:11:37  | 10:26     | 40            | 7:16:51  | 268     | 10:53:45 |         |
| VP19 - Grenzturn   | 7.30     | 2:08:47  | 17:38        | 41      | 1:37:24 | 271     | 1:40:41 | 123.30 | 22:20:24  | 10:52     | 40            | 8:33:48  | 271     | 12:23:45 |         |
| VP20 - Rudercluk   | 4.80     | 1:02:23  | 12:59        | 32      | 27:48   | 238     | 38:03   | 128.10 | 23:22:47  | 10:57     | 40            | 9:01:36  | 267     | 13:01:48 |         |
| VP21 - Frohnau     | 4.10     | 52:31    | 12:48        | 31      | 18:49   | 168     | 29:52   | 132.20 | 24:15:18  | 11:00     | 40            | 9:20:25  | 263     | 13:31:40 |         |
| VP22 - Naturschu   | 6.40     | 1:20:18  | 12:32        | 39      | 32:15   | 246     | 47:06   | 138.60 | 25:35:36  | 11:04     | 40            | 9:52:40  | 263     | 14:18:46 |         |
| VP23 - Oranienbu   | 4.50     | 52:06    | 11:34        | 29      | 18:02   | 186     | 27:09   | 143.10 | 26:27:42  | 11:05     | 39            | 10:10:42 | 259     | 14:45:55 |         |
| VP24 - Lauftreff l | 5.30     | 56:56    | 10:44        | 24      | 17:30   | 172     | 28:42   | 148.40 | 27:24:38  | 11:04     | 39            | 10:27:20 | 258     | 15:14:37 |         |
| VP25 - Wilhelmsr   | 5.70     | 57:55    | 10:09        | 22      | 15:16   | 140     | 27:54   | 154.10 | 28:22:33  | 11:02     | 38            | 10:42:36 | 257     | 15:42:31 |         |
| VP26 - Wollankst   | 3.10     | 36:30    | 11:46        | 31      | 11:32   | 197     | 19:23   | 157.20 | 28:59:03  | 11:03     | 37            | 10:54:08 | 255     | 16:01:54 |         |
| Friedrich-Ludwig   | 4.20     | 39:18    | 9:21         | 23      | 12:21   | 171     | 19:32   | 161.90 | 29:38:21  | 10:59     | 37            | 11:02:49 | 255     | 16:20:40 |         |