



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Zapletal, Arnd

00: VfL Brandenburg

00: 73

00: 161.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 17:50:42

00: 9.07 km/h

0000: 6:37 min/km

00000/0000: 19 (of 397)

00000/0: 16 (of 313)

000000: 13:17:41

00000: 7(of 75)

0000000: 14:30:53

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
VP1 - Checkpoint	8.60	54:44	6:21	16	10:35	73	10:36	8.60	54:44	6:21	16	10:35	73	10:36
VP2 - East Side G	4.80	27:35	5:44	15	6:32	73	6:32	13.40	1:22:19	6:08	15	17:05	72	17:05
VP3 - Dammweg	5.80	35:47	6:10	14	6:17	54	6:35	19.20	1:58:06	6:09	15	23:12	63	23:15
VP4 - Johannisth	5.70	33:30	5:52	13	8:42	54	8:58	24.90	2:31:36	6:05	15	31:54	59	31:54
VP5 - Imbiß "Am	9.50	58:40	6:10	16	16:19	62	17:08	34.40	3:30:16	6:06	14	48:13	55	48:59
VP6 - Buckow	4.50	28:19	6:17	13	7:04	48	7:43	38.90	3:58:35	6:07	13	55:17	54	56:42
000	7.60	47:09	6:12	13	10:41	47	13:07	46.50	4:45:44	6:08	13	1:05:33	51	1:09:49
VP8 - Osdorfer St	6.30	38:33	6:07	10	8:18	42	11:07	52.80	5:24:17	6:08	13	1:13:51	48	1:20:56
VP9 - Sportplatz	6.50	40:02	6:09	7	8:37	23	18:35	59.30	6:04:19	6:08	12	1:22:28	44	1:29:28
VP10 - Königswe	6.20	37:59	6:07	7	6:46	17	8:34	65.50	6:42:18	6:08	11	1:29:14	40	1:38:02
VP11 - Gedenkst	6.80	41:12	6:03	5	6:19	15	16:53	72.30	7:23:30	6:08	10	1:34:32	36	1:45:08
VP12 - Brauhaus	6.90	41:04	5:57	5	5:22	10	7:57	79.20	8:04:34	6:07	8	1:39:54	28	1:53:05
VP13 - Revierförs	5.70	34:51	6:06	5	4:14	12	4:48	84.90	8:39:25	6:07	8	1:44:08	26	1:57:53
VP14 - Schloss S	6.30	37:29	5:56	3	4:05	7	6:02	91.20	9:16:54	6:06	8	1:47:53	21	2:03:55
VP15 - Pagel & Fi	7.60	45:52	6:02	4	6:05	8	8:10	98.80	10:02:46	6:06	8	1:50:54	20	2:12:05
VP16 - Karolinenl	4.90	32:00	6:31	5	4:53	12	6:25	103.70	10:34:46	6:07	8	1:55:47	19	2:18:30
VP17 - Falkensee	6.50	40:44	6:15	4	3:00	9	8:13	110.20	11:15:30	6:07	7	1:54:43	15	2:26:43
VP18 - Schönwal	5.80	37:34	6:28	4	5:03	11	8:29	116.00	11:53:04	6:08	7	1:59:43	15	2:35:12
VP19 - Grenzturn	7.30	50:02	6:51	5	6:53	16	21:56	123.30	12:43:06	6:11	7	2:05:28	14	2:46:27
VP20 - Rudercluk	4.80	34:56	7:16	10	7:18	23	10:36	128.10	13:18:02	6:13	8	2:12:46	15	2:57:03
VP21 - Frohnau	4.10	35:20	8:37	10	11:22	22	12:41	132.20	13:53:22	6:18	8	2:24:08	16	3:09:44
VP22 - Naturschu	6.40	52:37	8:13	21	15:08	58	19:25	138.60	14:45:59	6:23	8	2:35:14	16	3:29:09
VP23 - Oranienbu	4.50	42:13	9:22	23	15:07	74	17:16	143.10	15:28:12	6:29	7	2:49:28	15	3:46:25
VP24 - Laufftreff l	5.30	43:45	8:15	12	12:28	38	15:31	148.40	16:11:57	6:32	7	3:01:56	17	4:01:56
VP25 - Wilhelmsr	5.70	46:15	8:06	13	13:07	42	16:14	154.10	16:58:12	6:36	8	3:14:21	17	4:18:10
VP26 - Wollankst	3.10	24:38	7:56	8	6:38	28	7:31	157.20	17:22:50	6:38	8	3:20:59	17	4:25:41
Friedrich-Ludwig	4.20	27:52	6:38	12	6:15	38	8:06	161.90	17:50:42	6:36	8	3:25:18	17	4:33:01