



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Iguchi, Shinpei

□□: KAMOGAWA RUNNNING CLUB

□□: 429

□□: 161.90 km

100MeilenBerlin

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Senioren M30 (30-34 Jahre)

□□□: 20:29:51

□□: 7.85 km/h

□□□□: 7:36 min/km

□□□□□/□□□□: 61 (of 397)

□□□□□/□: 50 (of 313)

□□□□□□: 13:17:41

□□□□□: 3(of 11)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	44:12	5:08	1	-	4	0:04	8.60	44:12	5:08	1	-	4	0:04	
VP2 - East Side G	4.80	21:27	4:28	2	0:17	7	0:24	13.40	1:05:39	4:53	2	0:14	7	0:25	
VP3 - Dammweg	5.80	29:12	5:02	1	-	1	-	19.20	1:34:51	4:56	1	-	1	-	
VP4 - Johannisth	5.70	25:28	4:28	2	0:56	3	0:56	24.90	2:00:19	4:49	2	0:34	3	0:37	
VP5 - Imbiß "Am	9.50	46:10	4:51	2	4:38	5	4:38	34.40	2:46:29	4:50	2	5:12	5	5:12	
VP6 - Buckow	4.50	36:38	8:08	11	16:02	221	16:02	38.90	3:23:07	5:13	3	21:14	10	21:14	
□□□	7.60	40:37	5:20	2	6:35	8	6:35	46.50	4:03:44	5:14	3	27:49	9	27:49	
VP8 - Osdorfer St	6.30	37:35	5:57	5	10:09	32	10:09	52.80	4:41:19	5:19	3	37:58	9	37:58	
VP9 - Sportplatz	6.50	41:38	6:24	6	19:59	30	20:11	59.30	5:22:57	5:26	3	48:06	10	48:06	
VP10 - Königswe	6.20	1:07:16	10:50	9	37:51	290	37:51	65.50	6:30:13	5:57	4	1:25:57	28	1:25:57	
VP11 - Gedenkst	6.80	50:31	7:25	4	16:25	79	26:12	72.30	7:20:44	6:05	4	1:42:22	30	1:42:22	
VP12 - Brauhaus	6.90	37:49	5:28	3	4:42	7	4:42	79.20	7:58:33	6:02	4	1:47:04	25	1:47:04	
VP13 - Revierförs	5.70	30:57	5:25	2	0:54	3	0:54	84.90	8:29:30	6:00	3	1:47:58	20	1:47:58	
VP14 - Schloss S	6.30	52:10	8:16	4	20:43	68	20:43	91.20	9:21:40	6:09	4	2:08:41	23	2:08:41	
VP15 - Pagel & F	7.60	1:12:27	9:31	10	34:45	214	34:45	98.80	10:34:07	6:25	4	2:43:26	27	2:43:26	
VP16 - Karolinenl	4.90	55:01	11:13	9	29:26	217	29:26	103.70	11:29:08	6:38	4	3:12:52	35	3:12:52	
VP17 - Falkensee	6.50	53:38	8:15	5	21:07	88	21:07	110.20	12:22:46	6:44	4	3:33:59	35	3:33:59	
VP18 - Schönwal	5.80	42:33	7:20	4	13:28	31	13:28	116.00	13:05:19	6:46	4	3:47:27	35	3:47:27	
VP19 - Grenzturn	7.30	53:00	7:15	4	24:54	23	24:54	123.30	13:58:19	6:47	3	4:01:40	30	4:01:40	
VP20 - Rudercluk	4.80	43:21	9:01	5	19:01	90	19:01	128.10	14:41:40	6:52	3	4:20:41	34	4:20:41	
VP21 - Frohnau	4.10	1:17:46	18:58	9	55:07	260	55:07	132.20	15:59:26	7:15	3	5:15:48	47	5:15:48	
VP22 - Naturschu	6.40	52:38	8:13	4	19:26	59	19:26	138.60	16:52:04	7:18	3	5:35:14	47	5:35:14	
VP23 - Oranienbu	4.50	1:09:44	15:29	10	44:47	254	44:47	143.10	18:01:48	7:33	3	6:20:01	55	6:20:01	
VP24 - Laufftreff l	5.30	52:59	9:59	8	24:45	129	24:45	148.40	18:54:47	7:38	3	6:44:46	58	6:44:46	
VP25 - Wilhelmsr	5.70	43:30	7:37	3	13:29	24	13:29	154.10	19:38:17	7:38	3	6:58:15	54	6:58:15	
VP26 - Wollankst	3.10	22:52	7:22	3	5:45	17	5:45	157.20	20:01:09	7:38	3	7:04:00	52	7:04:00	
Friedrich-Ludwig	4.20	28:42	6:49	4	8:56	40	8:56	161.90	20:29:51	7:35	3	7:12:10	51	7:12:10	