



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

0000

van Dessel, Ronny

00: Belgian Dessert Lions

00: 116

00: 161.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 20:33:31

00: 7.83 km/h

0000: 7:37 min/km

00000/000: 35 (of 319)

00000/0: 29 (of 257)

000000: 15:20:48

00000: 10(of 59)

0000000: 17:12:46

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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 - Brandenbu	7.30	44:04	6:02	12	9:13	46	10:47	7.30	44:04	6:02	12	9:13	46	10:47	
VP2 - East Side G	6.46	37:25	5:47	9	7:19	29	7:19	13.76	1:21:29	5:55	13	16:25	45	17:51	
VP3 - Dammweg	5.90	36:24	6:10	16	8:49	58	8:49	19.66	1:57:53	5:59	14	25:12	50	25:12	
VP4 - Johannisth	5.64	35:51	6:21	17	9:16	65	9:16	25.30	2:33:44	6:04	15	34:28	51	34:28	
VP5 - U-Bahnhof	5.90	36:16	6:08	10	7:22	41	7:22	31.20	3:10:00	6:05	14	41:28	49	41:28	
VP6 - Buckow	4.92	30:54	6:16	11	6:16	42	6:16	36.12	3:40:54	6:06	14	47:44	49	47:44	
VP7 - Kirchhainer	6.17	46:15	7:29	32	15:11	112	15:11	42.29	4:27:09	6:19	16	1:02:55	53	1:02:55	
VP8 - Lichtenrad	4.37	26:47	6:07	9	4:42	32	4:42	46.66	4:53:56	6:17	16	1:07:37	52	1:07:37	
VP9 - Osdorfer Si	5.71	33:58	5:56	9	4:26	27	4:26	52.37	5:27:54	6:15	15	1:12:03	48	1:12:03	
VP10 - Sportplatz	6.50	40:48	6:16	4	5:58	12	5:58	58.87	6:08:42	6:15	10	1:18:01	39	1:18:01	
VP11 - Königswe	6.22	57:28	9:14	35	22:23	146	23:18	65.09	7:06:10	6:32	12	1:33:57	46	1:33:57	
VP12 - Gedenkst	6.85	1:00:32	8:50	31	19:59	114	22:09	71.94	8:06:42	6:45	13	1:51:57	48	1:51:57	
VP13 - Brauhaus	6.88	56:47	8:15	21	14:18	72	18:07	78.82	9:03:29	6:53	13	2:05:04	48	2:05:04	
VP14 - Revierförs	5.70	43:03	7:33	10	8:43	26	10:59	84.52	9:46:32	6:56	13	2:13:47	47	2:13:47	
VP15 - Schloss S	6.24	1:05:02	10:25	29	25:48	89	28:31	90.76	10:51:34	7:10	14	2:39:35	48	2:39:35	
VP16 - Pagel & Fi	7.60	1:00:06	7:54	9	11:53	29	16:23	98.36	11:51:40	7:14	13	2:51:28	41	2:51:28	
VP17 - Karolinenl	4.91	37:02	7:32	10	5:21	31	8:35	103.27	12:28:42	7:14	13	2:55:33	39	2:57:07	
VP18 - Falkensee	6.60	53:29	8:06	14	10:58	42	15:07	109.87	13:22:11	7:18	12	3:02:13	34	3:11:16	
VP19 - Schönwal	5.95	47:30	7:58	12	9:19	26	12:14	115.82	14:09:41	7:20	12	3:07:44	33	3:23:30	
VP20 - Grenzturn	7.60	1:02:29	8:13	11	15:28	35	19:18	123.42	15:12:10	7:23	12	3:14:18	34	3:42:48	
VP21 - Ruderclub	4.78	52:16	10:56	23	19:46	75	25:01	128.20	16:04:26	7:31	12	3:28:11	36	4:07:49	
VP22 - Frohnau	4.07	38:45	9:31	20	11:36	64	14:16	132.27	16:43:11	7:35	12	3:38:35	37	4:21:59	
VP23 - Naturschu	6.61	47:45	7:13	4	1:00	10	8:06	138.88	17:30:56	7:34	12	3:37:41	35	4:28:38	
VP24 - Oranienbu	4.98	51:59	10:26	22	19:38	76	22:13	143.86	18:22:55	7:39	12	3:49:11	35	4:49:56	
VP25 - Lauftreff l	5.34	29:57	5:36	1	-	1	-	149.20	18:52:52	7:35	11	3:28:33	33	4:47:03	
VP26 - Wilhelmsr	5.72	42:16	7:23	11	8:44	28	10:08	154.92	19:35:08	7:35	11	3:19:14	30	4:56:41	
VP27 - Wollankst	3.02	28:21	9:23	18	9:59	47	18:46	157.94	20:03:29	7:37	11	3:16:14	31	12:32:20	
Friedrich-Ludwig	3.96	30:02	7:35	20	9:37	61	9:37	161.90	20:33:31	7:37	10	3:20:45	29	5:12:43	