



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

□□□□

quadrani, armando

□□: Asd Podistica Mare di Roma
□□: 169

□□: 161.90 km
100MeilenBerlin

□□□□:
Senioren M50 (50-54 Jahre)

□□□: 22:25:12

□□: 7.18 km/h
□□□□: 8:19 min/km

□□□□□/□□□□: 66 (of 319)

□□□□□/□: 55 (of 257)

□□□□□□: 15:20:48

□□□□□: 10(of 50)

□□□□□□□: 15:44:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Brandenbu	7.30	40:59	5:36	4	3:58	17	7:42	7.30	40:59	5:36	4	3:58	17	7:42
VP2 - East Side C	6.46	37:40	5:49	5	5:20	37	7:34	13.76	1:18:39	5:42	4	9:18	20	15:01
VP3 - Dammweg	5.90	33:36	5:41	5	3:33	28	6:01	19.66	1:52:15	5:42	4	12:51	20	19:34
VP4 - Johannisth	5.64	33:28	5:56	8	4:43	44	6:53	25.30	2:25:43	5:45	5	17:34	25	26:27
VP5 - U-Bahnhof	5.90	35:24	5:59	6	4:23	33	6:30	31.20	3:01:07	5:48	6	21:57	29	32:35
VP6 - Buckow	4.92	30:12	6:08	4	3:37	30	5:34	36.12	3:31:19	5:51	6	25:30	28	38:09
VP7 - Kirchhainer	6.17	39:09	6:20	5	4:29	37	8:05	42.29	4:10:28	5:55	4	29:54	27	46:14
VP8 - Lichtenradi	4.37	29:15	6:41	11	5:02	61	7:10	46.66	4:39:43	5:59	5	33:58	29	53:24
VP9 - Osdorfer St	5.71	41:05	7:11	20	10:28	106	11:33	52.37	5:20:48	6:07	7	37:14	39	1:04:57
VP10 - Sportplatz	6.50	50:13	7:43	12	13:40	58	15:23	58.87	6:11:01	6:18	8	39:30	43	1:20:20
VP11 - Königsw	6.22	46:57	7:32	8	8:26	47	12:47	65.09	6:57:58	6:25	7	47:48	39	1:25:45
VP12 - Gedenkst	6.85	53:46	7:50	10	15:23	61	15:23	71.94	7:51:44	6:33	9	1:03:11	39	1:36:59
VP13 - Brauhaus	6.88	54:54	7:58	10	16:14	52	16:14	78.82	8:46:38	6:40	9	1:19:25	39	1:48:13
VP14 - Revierförs	5.70	49:47	8:44	18	17:43	75	17:43	84.52	9:36:25	6:49	9	1:37:08	38	2:03:40
VP15 - Schloss S	6.24	56:53	9:06	10	18:21	51	20:22	90.76	10:33:18	6:58	9	1:55:29	36	2:21:19
VP16 - Pagel & Fi	7.60	1:16:49	10:06	28	33:06	129	33:06	98.36	11:50:07	7:13	9	2:28:35	40	2:49:55
VP17 - Karolinenl	4.91	45:54	9:20	21	17:27	100	17:27	103.27	12:36:01	7:19	10	2:46:02	43	3:04:26
VP18 - Falkensee	6.60	1:02:39	9:29	23	24:17	105	24:17	109.87	13:38:40	7:27	10	3:10:19	48	3:27:45
VP19 - Schönwal	5.95	56:07	9:25	16	20:29	73	20:51	115.82	14:34:47	7:33	10	3:30:48	49	3:48:36
VP20 - Grenzturn	7.60	1:12:11	9:29	13	26:56	73	29:00	123.42	15:46:58	7:40	9	3:57:44	48	4:17:36
VP21 - Ruderclub	4.78	54:18	11:21	17	23:52	90	27:03	128.20	16:41:16	7:48	9	4:21:36	48	4:44:39
VP22 - Frohnau	4.07	42:18	10:23	22	17:49	100	17:49	132.27	17:23:34	7:53	9	4:39:25	49	5:02:22
VP23 - Naturschu	6.61	1:03:10	9:33	13	23:31	62	23:31	138.88	18:26:44	7:58	9	5:02:56	49	5:24:26
VP24 - Oranienbu	4.98	48:53	9:48	11	17:06	58	19:07	143.86	19:15:37	8:01	9	5:20:02	48	5:42:38
VP25 - Laufftreff l	5.34	53:28	10:00	15	21:36	75	23:31	149.20	20:09:05	8:06	8	5:41:38	47	6:03:16
VP26 - Wilhelmsr	5.72	57:36	10:04	23	22:10	121	25:28	154.92	21:06:41	8:10	10	6:03:48	52	6:28:14
VP27 - Wollankst	3.02	36:00	11:55	25	16:47	113	26:25	157.94	21:42:41	8:14	10	6:20:35	54	14:11:32
Friedrich-Ludwig	3.96	42:31	10:44	33	20:37	153	22:06	161.90	22:25:12	8:18	10	6:41:12	55	7:04:24