



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Roß, Patrick

□□: LG Mauerweg

□□: 85

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 23:19:52

□□: 6.90 km/h

□□□□: 8:39 min/km

□□□□□/□□□□: 89 (of 319)

□□□□□/□: 74 (of 257)

□□□□□□: 15:20:48

□□□□□: 23(of 59)

□□□□□□□: 17:12:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Brandenbu	7.30	46:29	6:22	25	11:38	89	13:12	7.30	46:29	6:22	25	11:38	89	13:12
VP2 - East Side G	6.46	41:57	6:29	22	11:51	86	11:51	13.76	1:28:26	6:25	24	23:22	91	24:48
VP3 - Dammweg	5.90	39:52	6:45	29	12:17	111	12:17	19.66	2:08:18	6:31	27	35:37	98	35:37
VP4 - Johannisth	5.64	38:35	6:50	30	12:00	109	12:00	25.30	2:46:53	6:35	27	47:37	96	47:37
VP5 - U-Bahnhof	5.90	40:41	6:53	28	11:47	91	11:47	31.20	3:27:34	6:39	28	59:02	97	59:02
VP6 - Buckow	4.92	33:24	6:47	22	8:46	74	8:46	36.12	4:00:58	6:40	28	1:07:48	95	1:07:48
VP7 - Kirchhainer	6.17	45:58	7:27	29	14:54	106	14:54	42.29	4:46:56	6:47	28	1:22:42	94	1:22:42
VP8 - Lichtenradi	4.37	31:00	7:05	27	8:55	90	8:55	46.66	5:17:56	6:48	29	1:31:37	95	1:31:37
VP9 - Osdorfer St	5.71	38:14	6:41	18	8:42	61	8:42	52.37	5:56:10	6:48	26	1:40:19	90	1:40:19
VP10 - Sportplatz	6.50	1:08:40	10:33	42	33:50	153	33:50	58.87	7:04:50	7:12	29	2:14:09	98	2:14:09
VP11 - Königsw	6.22	49:25	7:56	20	14:20	74	15:15	65.09	7:54:15	7:17	27	2:22:02	96	2:22:02
VP12 - Gedenkst	6.85	52:24	7:38	16	11:51	52	14:01	71.94	8:46:39	7:19	25	2:31:54	88	2:31:54
VP13 - Brauhaus	6.88	1:02:29	9:04	31	20:00	109	23:49	78.82	9:49:08	7:28	26	2:50:43	88	2:50:43
VP14 - Revierförs	5.70	49:47	8:44	22	15:27	75	17:43	84.52	10:38:55	7:33	25	3:06:10	84	3:06:10
VP15 - Schloss S	6.24	58:07	9:18	19	18:53	58	21:36	90.76	11:37:02	7:40	25	3:25:03	80	3:25:03
VP16 - Pagel & Fi	7.60	1:03:56	8:24	16	15:43	47	20:13	98.36	12:40:58	7:44	24	3:40:46	74	3:40:46
VP17 - Karolinenl	4.91	43:58	8:57	24	12:17	86	15:31	103.27	13:24:56	7:47	24	3:51:47	73	3:53:21
VP18 - Falkensee	6.60	56:15	8:31	20	13:44	60	17:53	109.87	14:21:11	7:50	23	4:01:13	72	4:10:16
VP19 - Schönwal	5.95	56:21	9:28	24	18:10	76	21:05	115.82	15:17:32	7:55	23	4:15:35	70	4:31:21
VP20 - Grenzturn	7.60	1:11:33	9:24	21	24:32	71	28:22	123.42	16:29:05	8:00	22	4:31:13	70	4:59:43
VP21 - Ruderclub	4.78	1:06:26	13:53	37	33:56	146	39:11	128.20	17:35:31	8:14	24	4:59:16	76	5:38:54
VP22 - Frohnau	4.07	45:47	11:14	34	18:38	136	21:18	132.27	18:21:18	8:19	25	5:16:42	80	6:00:06
VP23 - Naturschu	6.61	1:07:05	10:08	25	20:20	80	27:26	138.88	19:28:23	8:24	24	5:35:08	74	6:26:05
VP24 - Oranienbu	4.98	45:24	9:06	15	13:03	40	15:38	143.86	20:13:47	8:26	24	5:40:03	72	6:40:48
VP25 - Laufftreff l	5.34	51:10	9:34	21	21:13	60	21:13	149.20	21:04:57	8:28	24	5:40:38	71	6:59:08
VP26 - Wilhelmsr	5.72	57:26	10:02	28	23:54	119	25:18	154.92	22:02:23	8:32	24	5:46:29	71	7:23:56
VP27 - Wollankst	3.02	37:33	12:26	31	19:11	134	27:58	157.94	22:39:56	8:36	24	5:52:41	75	15:08:47
Friedrich-Ludwig	3.96	39:56	10:05	28	19:31	130	19:31	161.90	23:19:52	8:38	23	6:07:06	74	7:59:04