



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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John, Dennis

00: Die Johns

00: 281

00: 161.90 km

100MeilenBerlin

0000:

Senioren M30 (30-34 Jahre)

000: 23:21:51

00: 6.89 km/h

0000: 8:40 min/km

00000/0000: 93 (of 319)

00000/0: 77 (of 257)

000000: 15:20:48

00000: 6(of 12)

0000000: 20:09:54

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Brandenbu	7.30	50:47	6:57	9	9:52	158	17:30	7.30	50:47	6:57	9	9:52	158	17:30
VP2 - East Side C	6.46	46:25	7:11	8	11:35	159	16:19	13.76	1:37:12	7:03	8	21:27	158	33:34
VP3 - Dammweg	5.90	41:58	7:06	8	11:19	151	14:23	19.66	2:19:10	7:04	8	32:46	156	46:29
VP4 - Johannisth	5.64	40:23	7:09	6	10:13	138	13:48	25.30	2:59:33	7:05	8	42:54	150	1:00:17
VP5 - U-Bahnhof	5.90	43:57	7:26	8	11:11	145	15:03	31.20	3:43:30	7:09	8	54:05	146	1:14:58
VP6 - Buckow	4.92	38:58	7:55	8	11:06	160	14:20	36.12	4:22:28	7:15	8	1:01:40	149	1:29:18
VP7 - Kirchhainer	6.17	46:35	7:32	7	11:53	118	15:31	42.29	5:09:03	7:18	8	1:12:55	142	1:44:49
VP8 - Lichtenradi	4.37	32:24	7:24	7	6:28	119	10:19	46.66	5:41:27	7:19	8	1:19:23	139	1:55:08
VP9 - Osdorfer St	5.71	42:45	7:29	7	9:38	126	13:13	52.37	6:24:12	7:20	8	1:29:01	139	2:08:21
VP10 - Sportplatz	6.50	1:01:50	9:30	8	21:36	115	27:00	58.87	7:26:02	7:34	8	1:50:37	130	2:35:21
VP11 - Königswe	6.22	51:38	8:18	8	8:32	101	17:28	65.09	8:17:40	7:38	7	1:59:09	121	2:45:27
VP12 - Gedenkst	6.85	1:07:38	9:52	10	24:06	167	29:15	71.94	9:25:18	7:51	8	2:23:15	130	3:10:33
VP13 - Brauhaus	6.88	56:02	8:08	4	5:37	62	17:22	78.82	10:21:20	7:52	7	2:26:46	121	3:22:55
VP14 - Revierförs	5.70	46:51	8:13	2	4:16	51	14:47	84.52	11:08:11	7:54	7	2:31:02	115	3:35:26
VP15 - Schloss S	6.24	50:39	8:07	2	8:33	22	14:08	90.76	11:58:50	7:55	6	2:39:35	95	3:46:51
VP16 - Pagel & Fi	7.60	59:50	7:52	1	-	28	16:07	98.36	12:58:40	7:54	6	2:38:07	84	3:58:28
VP17 - Karolinenl	4.91	40:35	8:15	3	2:23	53	12:08	103.27	13:39:15	7:55	6	2:40:30	82	4:07:40
VP18 - Falkensee	6.60	47:59	7:16	2	9:09	17	9:37	109.87	14:27:14	7:53	6	2:35:31	77	4:16:19
VP19 - Schönwal	5.95	54:57	9:14	3	5:02	68	19:41	115.82	15:22:11	7:57	6	2:40:17	72	4:36:00
VP20 - Grenzturn	7.60	1:21:40	10:44	8	23:52	123	38:29	123.42	16:43:51	8:08	6	2:54:59	77	5:14:29
VP21 - Ruderclub	4.78	54:11	11:20	6	16:18	86	26:56	128.20	17:38:02	8:15	6	3:11:17	80	5:41:25
VP22 - Frohnau	4.07	47:16	11:36	8	11:58	143	22:47	132.27	18:25:18	8:21	6	3:20:55	82	6:04:06
VP23 - Naturschu	6.61	1:11:26	10:48	6	13:41	101	31:47	138.88	19:36:44	8:28	6	3:15:29	79	6:34:26
VP24 - Oranienbu	4.98	58:51	11:49	7	12:49	132	29:05	143.86	20:35:35	8:35	6	3:15:02	84	7:02:36
VP25 - Laufftreff l	5.34	43:00	8:03	3	6:32	19	13:03	149.20	21:18:35	8:34	6	2:41:21	74	7:12:46
VP26 - Wilhelmsr	5.72	57:13	10:00	6	19:46	118	25:05	154.92	22:15:48	8:37	6	2:50:04	80	7:37:21
VP27 - Wollankst	3.02	31:00	10:15	4	10:21	69	21:25	157.94	22:46:48	8:39	6	3:00:20	79	15:15:39
Friedrich-Ludwig	3.96	35:03	8:51	5	11:37	92	14:38	161.90	23:21:51	8:39	6	3:11:57	77	8:01:03