



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Schwalb, Reinhold

□□□: 24:14:00

□□: NF2run

□□: 6.64 km/h

□□: 38

□□□□: 8:59 min/km

□□: 161.90 km

□□□□□/□□□: 121 (of 319)

100MeilenBerlin

□□□□□/□: 100 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 19(of 50)

Senioren M50 (50-54 Jahre)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Brandenbu	7.30	47:10	6:27	20	10:09	103	13:53	7.30	47:10	6:27	20	10:09	103	13:53
VP2 - East Side G	6.46	42:25	6:33	20	10:05	97	12:19	13.76	1:29:35	6:30	20	20:14	100	25:57
VP3 - Dammweg	5.90	40:37	6:53	25	10:34	130	13:02	19.66	2:10:12	6:37	21	30:48	108	37:31
VP4 - Johannisth	5.64	39:19	6:58	22	10:34	114	12:44	25.30	2:49:31	6:42	23	41:22	113	50:15
VP5 - U-Bahnhof	5.90	46:57	7:57	39	15:56	190	18:03	31.20	3:36:28	6:56	25	57:18	128	1:07:56
VP6 - Buckow	4.92	37:25	7:36	29	10:50	136	12:47	36.12	4:13:53	7:01	23	1:08:04	128	1:20:43
VP7 - Kirchhainer	6.17	46:55	7:36	27	12:15	123	15:51	42.29	5:00:48	7:06	23	1:20:14	124	1:36:34
VP8 - Lichtenradi	4.37	33:15	7:36	28	9:02	129	11:10	46.66	5:34:03	7:09	25	1:28:18	128	1:47:44
VP9 - Osdorfer St	5.71	43:11	7:33	26	12:34	136	13:39	52.37	6:17:14	7:12	26	1:33:40	127	2:01:23
VP10 - Sportplatz	6.50	59:25	9:08	17	22:52	97	24:35	58.87	7:16:39	7:25	19	1:45:08	113	2:25:58
VP11 - Königsw	6.22	51:04	8:12	16	12:33	91	16:54	65.09	8:07:43	7:29	20	1:57:33	112	2:35:30
VP12 - Gedenkst	6.85	1:04:04	9:21	26	25:41	142	25:41	71.94	9:11:47	7:40	19	2:23:14	113	2:57:02
VP13 - Brauhaus	6.88	1:02:29	9:04	20	23:49	109	23:49	78.82	10:14:16	7:47	21	2:47:03	114	3:15:51
VP14 - Revierförs	5.70	48:43	8:32	13	16:39	64	16:39	84.52	11:02:59	7:50	19	3:03:42	107	3:30:14
VP15 - Schloss S	6.24	1:04:41	10:21	17	26:09	86	28:10	90.76	12:07:40	8:01	18	3:29:51	106	3:55:41
VP16 - Pagel & Fi	7.60	1:09:23	9:07	18	25:40	81	25:40	98.36	13:17:03	8:06	20	3:55:31	105	4:16:51
VP17 - Karolinenl	4.91	49:07	10:00	29	20:40	129	20:40	103.27	14:06:10	8:11	20	4:16:11	105	4:34:35
VP18 - Falkensee	6.60	1:00:37	9:11	20	22:15	91	22:15	109.87	15:06:47	8:15	20	4:38:26	103	4:55:52
VP19 - Schönwal	5.95	1:03:15	10:37	25	27:37	110	27:59	115.82	16:10:02	8:22	21	5:06:03	106	5:23:51
VP20 - Grenzturn	7.60	1:16:40	10:05	19	31:25	97	33:29	123.42	17:26:42	8:28	21	5:37:28	105	5:57:20
VP21 - Ruderclub	4.78	1:02:12	13:00	26	31:46	123	34:57	128.20	18:28:54	8:38	23	6:09:14	110	6:32:17
VP22 - Frohnau	4.07	43:39	10:43	26	19:10	113	19:10	132.27	19:12:33	8:42	22	6:28:24	109	6:51:21
VP23 - Naturschu	6.61	1:08:58	10:26	18	29:19	90	29:19	138.88	20:21:31	8:47	22	6:57:43	107	7:19:13
VP24 - Oranienbu	4.98	59:51	12:01	34	28:04	143	30:05	143.86	21:21:22	8:54	22	7:25:47	108	7:48:23
VP25 - Laufftreff l	5.34	53:38	10:02	17	21:46	77	23:41	149.20	22:15:00	8:56	20	7:47:33	104	8:09:11
VP26 - Wilhelmsr	5.72	57:56	10:07	25	22:30	124	25:48	154.92	23:12:56	8:59	20	8:10:03	102	8:34:29
VP27 - Wollankst	3.02	32:35	10:47	16	13:22	84	23:00	157.94	23:45:31	9:01	19	8:23:25	102	16:14:22
Friedrich-Ludwig	3.96	28:29	7:11	10	6:35	40	8:04	161.90	24:14:00	8:58	19	8:30:00	100	8:53:12