



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Lietz, Ralf

□□□: 25:44:31

□□: Wildeshauer Lauftreff

□□: 6.25 km/h

□□: 175

□□□□: 9:32 min/km

□□: 161.90 km

□□□□□/□□□: 148 (of 319)

100MeilenBerlin

□□□□□/□: 123 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 14(of 32)

Senioren M55 (55-59 Jahre)

□□□□□□□: 16:39:21

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Brandenbu	7.30	52:03	7:07	22	12:22	189	18:46	7.30	52:03	7:07	22	12:22	189	18:46
VP2 - East Side G	6.46	49:45	7:42	22	15:27	197	19:39	13.76	1:41:48	7:23	22	27:49	193	38:10
VP3 - Dammweg	5.90	42:52	7:15	22	10:32	180	15:17	19.66	2:24:40	7:21	22	38:21	191	51:59
VP4 - Johannisth	5.64	45:05	7:59	23	15:05	199	18:30	25.30	3:09:45	7:30	21	53:26	190	1:10:29
VP5 - U-Bahnhof	5.90	44:21	7:31	19	12:36	153	15:27	31.20	3:54:06	7:30	21	1:06:02	186	1:25:34
VP6 - Buckow	4.92	40:42	8:16	18	13:03	175	16:04	36.12	4:34:48	7:36	22	1:18:33	182	1:41:38
VP7 - Kirchhainer	6.17	49:38	8:02	16	16:03	151	18:34	42.29	5:24:26	7:40	19	1:32:54	174	2:00:12
VP8 - Lichtenradi	4.37	34:09	7:48	16	10:29	151	12:04	46.66	5:58:35	7:41	19	1:43:23	168	2:12:16
VP9 - Osdorfer St	5.71	44:24	7:46	16	13:56	153	14:52	52.37	6:42:59	7:41	19	1:57:10	167	2:27:08
VP10 - Sportplatz	6.50	59:44	9:11	11	23:24	101	24:54	58.87	7:42:43	7:51	18	2:15:40	155	2:52:02
VP11 - Königsw	6.22	1:02:44	10:05	20	25:32	192	28:34	65.09	8:45:27	8:04	17	2:41:12	160	3:13:14
VP12 - Gedenkst	6.85	1:03:12	9:13	15	22:20	134	24:49	71.94	9:48:39	8:10	16	3:03:32	153	3:33:54
VP13 - Brauhaus	6.88	1:16:05	11:03	21	34:38	197	37:25	78.82	11:04:44	8:26	17	3:38:10	157	4:06:19
VP14 - Revierförs	5.70	56:21	9:53	17	21:55	152	24:17	84.52	12:01:05	8:31	17	4:00:05	157	4:28:20
VP15 - Schloss S	6.24	1:06:40	10:41	12	26:47	95	30:09	90.76	13:07:45	8:40	15	4:26:52	145	4:55:46
VP16 - Pagel & Fi	7.60	1:15:50	9:58	12	28:20	124	32:07	98.36	14:23:35	8:46	15	4:55:12	144	5:23:23
VP17 - Karolinenl	4.91	49:52	10:09	15	18:22	139	21:25	103.27	15:13:27	8:50	15	5:13:34	142	5:41:52
VP18 - Falkensee	6.60	1:05:55	9:59	16	23:13	123	27:33	109.87	16:19:22	8:54	15	5:36:47	139	6:08:27
VP19 - Schönwal	5.95	1:07:32	11:21	16	27:45	141	32:16	115.82	17:26:54	9:02	15	6:04:32	140	6:40:43
VP20 - Grenzturn	7.60	1:14:12	9:45	12	22:26	84	31:01	123.42	18:41:06	9:05	14	6:26:58	132	7:11:44
VP21 - Ruderclub	4.78	46:44	9:46	6	13:27	46	19:29	128.20	19:27:50	9:06	14	6:40:25	128	7:31:13
VP22 - Frohnau	4.07	39:34	9:43	9	11:09	76	15:05	132.27	20:07:24	9:07	14	6:51:34	126	7:46:12
VP23 - Naturschu	6.61	1:04:08	9:42	7	20:23	72	24:29	138.88	21:11:32	9:09	14	7:11:57	124	8:09:14
VP24 - Oranienbu	4.98	47:43	9:34	6	13:21	50	17:57	143.86	21:59:15	9:10	14	7:25:18	121	8:26:16
VP25 - Lauftreff l	5.34	1:08:03	12:44	20	29:40	172	38:06	149.20	23:07:18	9:17	14	7:54:58	120	9:01:29
VP26 - Wilhelmsr	5.72	1:11:40	12:31	22	36:11	187	39:32	154.92	24:18:58	9:25	14	8:31:09	122	9:40:31
VP27 - Wollankst	3.02	41:23	13:42	17	16:32	158	31:48	157.94	25:00:21	9:29	14	8:47:41	124	17:29:12
Friedrich-Ludwig	3.96	44:10	11:09	18	17:29	163	23:45	161.90	25:44:31	9:32	14	9:05:10	123	10:23:43