



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Peñalba, Rafael

□□□: 26:38:49

□□: TEA / 100 MC

□□: 6.04 km/h

□□: 237

□□□□: 9:53 min/km

□□: 161.90 km

□□□□□/□□□: 164 (of 319)

100MeilenBerlin

□□□□□/□: 135 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 16(of 32)

Senioren M55 (55-59 Jahre)

□□□□□□□: 16:39:21

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Brandenbu	7.30	46:08	6:19	7	6:27	80	12:51	7.30	46:08	6:19	7	6:27	80	12:51
VP2 - East Side C	6.46	40:37	6:17	9	6:19	60	10:31	13.76	1:26:45	6:18	8	12:46	74	23:07
VP3 - Dammweg	5.90	36:36	6:12	7	4:16	60	9:01	19.66	2:03:21	6:16	7	17:02	67	30:40
VP4 - Johannisth	5.64	37:04	6:34	8	7:04	86	10:29	25.30	2:40:25	6:20	7	24:06	70	41:09
VP5 - U-Bahnhof	5.90	42:46	7:14	14	11:01	127	13:52	31.20	3:23:11	6:30	8	35:07	86	54:39
VP6 - Buckow	4.92	36:54	7:30	16	9:15	131	12:16	36.12	4:00:05	6:38	10	43:50	92	1:06:55
VP7 - Kirchhainer	6.17	49:57	8:05	17	16:22	157	18:53	42.29	4:50:02	6:51	11	58:30	102	1:25:48
VP8 - Lichtenradi	4.37	36:21	8:19	21	12:41	184	14:16	46.66	5:26:23	6:59	12	1:11:11	110	1:40:04
VP9 - Osdorfer St	5.71	47:23	8:17	20	16:55	190	17:51	52.37	6:13:46	7:08	14	1:27:57	120	1:57:55
VP10 - Sportplatz	6.50	1:06:58	10:18	16	30:38	141	32:08	58.87	7:20:44	7:29	15	1:53:41	120	2:30:03
VP11 - Königsw	6.22	57:36	9:15	15	20:24	147	23:26	65.09	8:18:20	7:39	13	2:14:05	126	2:46:07
VP12 - Gedenkst	6.85	1:05:25	9:32	16	24:33	154	27:02	71.94	9:23:45	7:50	14	2:38:38	129	3:09:00
VP13 - Brauhaus	6.88	1:06:51	9:42	16	25:24	143	28:11	78.82	10:30:36	8:00	14	3:04:02	131	3:32:11
VP14 - Revierförs	5.70	54:37	9:34	15	20:11	135	22:33	84.52	11:25:13	8:06	14	3:24:13	132	3:52:28
VP15 - Schloss S	6.24	1:32:24	14:48	20	52:31	181	55:53	90.76	12:57:37	8:34	14	4:16:44	142	4:45:38
VP16 - Pagel & Fi	7.60	1:18:41	10:21	15	31:11	144	34:58	98.36	14:16:18	8:42	14	4:47:55	138	5:16:06
VP17 - Karolinenl	4.91	50:28	10:16	16	18:58	145	22:01	103.27	15:06:46	8:46	14	5:06:53	136	5:35:11
VP18 - Falkensee	6.60	1:05:31	9:55	15	22:49	121	27:09	109.87	16:12:17	8:50	14	5:29:42	137	6:01:22
VP19 - Schönwal	5.95	1:13:29	12:21	18	33:42	164	38:13	115.82	17:25:46	9:01	14	6:03:24	138	6:39:35
VP20 - Grenzturn	7.60	1:40:13	13:11	21	48:27	183	57:02	123.42	19:05:59	9:17	15	6:51:51	140	7:36:37
VP21 - Ruderclub	4.78	1:02:03	12:58	14	28:46	121	34:48	128.20	20:08:02	9:25	15	7:20:37	135	8:11:25
VP22 - Frohnau	4.07	50:48	12:28	18	22:23	167	26:19	132.27	20:58:50	9:31	15	7:43:00	137	8:37:38
VP23 - Naturschu	6.61	1:11:28	10:48	14	27:43	102	31:49	138.88	22:10:18	9:34	15	8:10:43	134	9:08:00
VP24 - Oranienbu	4.98	1:06:11	13:17	20	31:49	174	36:25	143.86	23:16:29	9:42	15	8:42:32	133	9:43:30
VP25 - Laufftreff l	5.34	1:07:54	12:42	19	29:31	170	37:57	149.20	24:24:23	9:48	15	9:12:03	134	10:18:34
VP26 - Wilhelmsr	5.72	1:00:48	10:37	15	25:19	139	28:40	154.92	25:25:11	9:50	15	9:37:22	134	10:46:44
VP27 - Wollankst	3.02	37:25	12:23	15	12:34	132	27:50	157.94	26:02:36	9:53	15	9:49:56	136	18:31:27
Friedrich-Ludwig	3.96	36:13	9:08	11	9:32	102	15:48	161.90	26:38:49	9:52	16	9:59:28	135	11:18:01