



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Mieß, Bernd

00: Rennsteiglaufverein

00: 108

00: 161.90 km

100MeilenBerlin

0000:

Senioren M70 (70-74 Jahre)

000: 27:39:55

00: 5.82 km/h

0000: 10:15 min/km

00000/0000: 187 (of 319)

00000/0: 154 (of 257)

000000: 15:20:48

00000: 2(of 3)

0000000: 23:35:26

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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	51:55	7:06	3	6:09	186	18:38	7.30	51:55	7:06	3	6:09	186	18:38
VP2 - East Side C	6.46	46:13	7:09	3	3:48	154	16:07	13.76	1:38:08	7:07	3	9:57	169	34:30
VP3 - Dammweg	5.90	42:30	7:12	3	3:25	167	14:55	19.66	2:20:38	7:09	3	13:22	168	47:57
VP4 - Johannisth	5.64	41:45	7:24	2	3:40	163	15:10	25.30	3:02:23	7:12	2	17:02	163	1:03:07
VP5 - U-Bahnhof	5.90	45:17	7:40	2	3:41	167	16:23	31.20	3:47:40	7:17	2	20:43	161	1:19:08
VP6 - Buckow	4.92	40:13	8:10	2	8:45	170	15:35	36.12	4:27:53	7:24	2	29:28	163	1:34:43
VP7 - Kirchhainer	6.17	53:42	8:42	3	12:14	191	22:38	42.29	5:21:35	7:36	2	41:42	168	1:57:21
VP8 - Lichtenradi	4.37	38:57	8:54	2	9:59	207	16:52	46.66	6:00:32	7:43	2	51:41	171	2:14:13
VP9 - Osdorfer St	5.71	46:58	8:13	3	7:49	186	17:26	52.37	6:47:30	7:46	2	59:30	175	2:31:39
VP10 - Sportplatz	6.50	1:16:31	11:46	3	28:14	175	41:41	58.87	8:04:01	8:13	2	1:27:44	178	3:13:20
VP11 - Königsw	6.22	59:26	9:33	2	15:19	162	25:16	65.09	9:03:27	8:20	2	1:43:03	176	3:31:14
VP12 - Gedenkst	6.85	1:17:48	11:21	3	25:55	213	39:25	71.94	10:21:15	8:38	3	2:08:58	183	4:06:30
VP13 - Brauhaus	6.88	1:10:11	10:12	2	16:56	166	31:31	78.82	11:31:26	8:46	2	2:25:54	179	4:33:01
VP14 - Revierförs	5.70	53:32	9:23	2	3:28	122	21:28	84.52	12:24:58	8:48	2	2:29:22	172	4:52:13
VP15 - Schloss S	6.24	1:08:48	11:01	3	13:31	106	32:17	90.76	13:33:46	8:57	2	2:42:53	161	5:21:47
VP16 - Pagel & Fi	7.60	1:28:07	11:35	3	18:56	183	44:24	98.36	15:01:53	9:10	3	3:01:49	166	6:01:41
VP17 - Karolinenl	4.91	1:02:46	12:47	2	13:53	193	34:19	103.27	16:04:39	9:20	3	3:15:42	166	6:33:04
VP18 - Falkensee	6.60	1:09:01	10:27	1	-	140	30:39	109.87	17:13:40	9:24	2	3:01:58	163	7:02:45
VP19 - Schönwal	5.95	1:06:13	11:07	2	9:09	132	30:57	115.82	18:19:53	9:29	2	3:11:07	162	7:33:42
VP20 - Grenzturn	7.60	1:34:15	12:24	2	15:29	169	51:04	123.42	19:54:08	9:40	2	3:26:36	159	8:24:46
VP21 - Ruderclub	4.78	1:06:23	13:53	2	15:56	145	39:08	128.20	21:00:31	9:49	2	3:42:32	154	9:03:54
VP22 - Frohnau	4.07	45:45	11:14	1	-	135	21:16	132.27	21:46:16	9:52	2	3:41:22	153	9:25:04
VP23 - Naturschu	6.61	1:24:01	12:42	2	3:11	159	44:22	138.88	23:10:17	10:00	2	3:44:33	155	10:07:59
VP24 - Oranienbu	4.98	1:05:13	13:05	3	13:25	167	35:27	143.86	24:15:30	10:07	2	3:57:58	156	10:42:31
VP25 - Laufftreff l	5.34	1:03:14	11:50	3	1:31	146	33:17	149.20	25:18:44	10:10	2	3:59:29	155	11:12:55
VP26 - Wilhelmsr	5.72	1:02:51	10:59	3	7:08	151	30:43	154.92	26:21:35	10:12	2	4:06:37	156	11:43:08
VP27 - Wollankst	3.02	36:47	12:10	1	-	123	27:12	157.94	26:58:22	10:14	2	4:05:57	153	19:27:13
Friedrich-Ludwig	3.96	41:33	10:29	2	7:48	140	21:08	161.90	27:39:55	10:15	2	4:04:29	154	12:19:07