



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Accarino, Francesco

□□□: 28:10:33

□□: Asd Villa De Sanctis

□□: 5.71 km/h

□□: 300

□□□□: 10:26 min/km

□□: 161.90 km

□□□□□/□□□: 197 (of 319)

100MeilenBerlin

□□□□□/□: 162 (of 257)

□□□□:

□□□□□: 38(of 59)

Senioren M45 (45-49 Jahre)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Brandenbu	7.30	45:00	6:09	21	10:09	73	11:43	7.30	45:00	6:09	21	10:09	73	11:43
VP2 - East Side C	6.46	42:54	6:38	29	12:48	112	12:48	13.76	1:27:54	6:23	23	22:50	88	24:16
VP3 - Dammweg	5.90	40:21	6:50	35	12:46	122	12:46	19.66	2:08:15	6:31	26	35:34	97	35:34
VP4 - Johannisth	5.64	41:14	7:18	39	14:39	157	14:39	25.30	2:49:29	6:41	29	50:13	111	50:13
VP5 - U-Bahnhof	5.90	43:55	7:26	37	15:01	144	15:01	31.20	3:33:24	6:50	32	1:04:52	115	1:04:52
VP6 - Buckow	4.92	42:40	8:40	49	18:02	194	18:02	36.12	4:16:04	7:05	36	1:22:54	138	1:22:54
VP7 - Kirchhainer	6.17	55:57	9:04	49	24:53	206	24:53	42.29	5:12:01	7:22	38	1:47:47	149	1:47:47
VP8 - Lichtenradi	4.37	37:36	8:36	48	15:31	199	15:31	46.66	5:49:37	7:29	39	2:03:18	156	2:03:18
VP9 - Osdorfer St	5.71	50:55	8:55	50	21:23	211	21:23	52.37	6:40:32	7:38	41	2:24:41	164	2:24:41
VP10 - Sportplatz	6.50	1:18:32	12:04	45	43:42	183	43:42	58.87	7:59:04	8:08	46	3:08:23	172	3:08:23
VP11 - Königsw	6.22	1:07:02	10:46	47	31:57	208	32:52	65.09	9:06:06	8:23	46	3:33:53	178	3:33:53
VP12 - Gedenkst	6.85	1:23:09	12:08	50	42:36	220	44:46	71.94	10:29:15	8:44	47	4:14:30	192	4:14:30
VP13 - Brauhaus	6.88	1:08:17	9:55	39	25:48	157	29:37	78.82	11:37:32	8:50	46	4:39:07	188	4:39:07
VP14 - Revierförs	5.70	1:01:34	10:48	43	27:14	186	29:30	84.52	12:39:06	8:58	44	5:06:21	185	5:06:21
VP15 - Schloss S	6.24	1:29:27	14:20	41	50:13	179	52:56	90.76	14:08:33	9:20	43	5:56:34	184	5:56:34
VP16 - Pagel & Fi	7.60	1:10:14	9:14	24	22:01	87	26:31	98.36	15:18:47	9:20	42	6:18:35	180	6:18:35
VP17 - Karolinenl	4.91	1:09:49	14:13	44	38:08	199	41:22	103.27	16:28:36	9:34	40	6:55:27	178	6:57:01
VP18 - Falkensee	6.60	1:10:34	10:41	36	28:03	150	32:12	109.87	17:39:10	9:38	41	7:19:12	175	7:28:15
VP19 - Schönwal	5.95	1:23:42	14:04	44	45:31	186	48:26	115.82	19:02:52	9:52	40	8:00:55	173	8:16:41
VP20 - Grenzturn	7.60	1:14:26	9:47	24	27:25	85	31:15	123.42	20:17:18	9:51	38	8:19:26	166	8:47:56
VP21 - Ruderclub	4.78	1:07:14	14:03	38	34:44	151	39:59	128.20	21:24:32	10:01	38	8:48:17	163	9:27:55
VP22 - Frohnau	4.07	48:48	11:59	38	21:39	155	24:19	132.27	22:13:20	10:04	38	9:08:44	163	9:52:08
VP23 - Naturschu	6.61	1:26:34	13:05	41	39:49	168	46:55	138.88	23:39:54	10:13	38	9:46:39	162	10:37:36
VP24 - Oranienbu	4.98	1:05:29	13:08	39	33:08	170	35:43	143.86	24:45:23	10:19	38	10:11:39	161	11:12:24
VP25 - Laufftreff l	5.34	57:11	10:42	29	27:14	103	27:14	149.20	25:42:34	10:20	38	10:18:15	161	11:36:45
VP26 - Wilhelmsr	5.72	1:02:14	10:52	33	28:42	146	30:06	154.92	26:44:48	10:21	38	10:28:54	161	12:06:21
VP27 - Wollankst	3.02	43:18	14:20	39	24:56	171	33:43	157.94	27:28:06	10:26	38	10:40:51	162	19:56:57
Friedrich-Ludwig	3.96	42:27	10:43	33	22:02	152	22:02	161.90	28:10:33	10:26	38	10:57:47	162	12:49:45