



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

0000

Fender, Norbert

00: 100marathon42.de

00: 115

00: 161.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 28:40:47

00: 5.61 km/h

0000: 10:38 min/km

00000/0000: 211 (of 319)

00000/0: 170 (of 257)

000000: 15:20:48

00000: 19(of 32)

0000000: 16:39:21

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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	53:31	7:19	23	13:50	202	20:14	7.30	53:31	7:19	23	13:50	202	20:14
VP2 - East Side G	6.46	49:23	7:38	21	15:05	194	19:17	13.76	1:42:54	7:28	23	28:55	199	39:16
VP3 - Dammweg	5.90	46:42	7:54	25	14:22	213	19:07	19.66	2:29:36	7:36	23	43:17	203	56:55
VP4 - Johannisth	5.64	46:06	8:10	24	16:06	205	19:31	25.30	3:15:42	7:44	23	59:23	205	1:16:26
VP5 - U-Bahnhof	5.90	49:26	8:22	24	17:41	210	20:32	31.20	4:05:08	7:51	24	1:17:04	208	1:36:36
VP6 - Buckow	4.92	43:21	8:48	22	15:42	201	18:43	36.12	4:48:29	7:59	25	1:32:14	208	1:55:19
VP7 - Kirchhainer	6.17	57:27	9:18	24	23:52	213	26:23	42.29	5:45:56	8:10	25	1:54:24	212	2:21:42
VP8 - Lichtenradi	4.37	38:00	8:41	23	14:20	203	15:55	46.66	6:23:56	8:13	24	2:08:44	211	2:37:37
VP9 - Osdorfer St	5.71	49:51	8:43	23	19:23	207	20:19	52.37	7:13:47	8:16	25	2:27:58	213	2:57:56
VP10 - Sportplatz	6.50	1:15:01	11:32	22	38:41	171	40:11	58.87	8:28:48	8:38	24	3:01:45	203	3:38:07
VP11 - Königswe	6.22	1:02:07	9:59	18	24:55	189	27:57	65.09	9:30:55	8:46	23	3:26:40	205	3:58:42
VP12 - Gedenkst	6.85	1:07:49	9:54	19	26:57	169	29:26	71.94	10:38:44	8:52	23	3:53:37	201	4:23:59
VP13 - Brauhaus	6.88	1:19:49	11:36	23	38:22	204	41:09	78.82	11:58:33	9:06	23	4:31:59	200	5:00:08
VP14 - Revierförs	5.70	57:42	10:07	19	23:16	170	25:38	84.52	12:56:15	9:11	23	4:55:15	196	5:23:30
VP15 - Schloss S	6.24	1:18:24	12:33	16	38:31	149	41:53	90.76	14:14:39	9:24	22	5:33:46	192	6:02:40
VP16 - Pagel & Fi	7.60	1:29:04	11:43	22	41:34	188	45:21	98.36	15:43:43	9:35	23	6:15:20	194	6:43:31
VP17 - Karolinenl	4.91	54:54	11:10	18	23:24	168	26:27	103.27	16:38:37	9:40	20	6:38:44	185	7:07:02
VP18 - Falkensee	6.60	1:18:39	11:55	20	35:57	178	40:17	109.87	17:57:16	9:48	20	7:14:41	185	7:46:21
VP19 - Schönwal	5.95	1:11:54	12:05	17	32:07	160	36:38	115.82	19:09:10	9:55	19	7:46:48	176	8:22:59
VP20 - Grenzturn	7.60	1:29:46	11:48	18	38:00	150	46:35	123.42	20:38:56	10:02	19	8:24:48	172	9:09:34
VP21 - Ruderclub	4.78	1:14:15	15:32	18	40:58	170	47:00	128.20	21:53:11	10:14	19	9:05:46	169	9:56:34
VP22 - Frohnau	4.07	49:56	12:16	17	21:31	163	25:27	132.27	22:43:07	10:18	18	9:27:17	170	10:21:55
VP23 - Naturschu	6.61	1:29:06	13:28	21	45:21	179	49:27	138.88	24:12:13	10:27	19	10:12:38	170	11:09:55
VP24 - Oranienbu	4.98	1:03:11	12:41	18	28:49	160	33:25	143.86	25:15:24	10:32	19	10:41:27	169	11:42:25
VP25 - Laufftreff l	5.34	1:02:44	11:44	14	24:21	143	32:47	149.20	26:18:08	10:34	19	11:05:48	168	12:12:19
VP26 - Wilhelmsr	5.72	59:54	10:28	14	24:25	132	27:46	154.92	27:18:02	10:34	19	11:30:13	169	12:39:35
VP27 - Wollankst	3.02	42:17	14:00	18	17:26	165	32:42	157.94	28:00:19	10:38	20	11:47:39	172	20:29:10
Friedrich-Ludwig	3.96	40:28	10:13	15	13:47	133	20:03	161.90	28:40:47	10:37	19	12:01:26	170	13:19:59