



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Struzak, Bernd

00: berlin-runner.de

00: 162

00: 161.90 km

100MeilenBerlin

0000:

Senioren M70 (70-74 Jahre)

000: 29:03:33

00: 5.54 km/h

0000: 10:46 min/km

00000/0000: 224 (of 319)

00000/0: 180 (of 257)

000000: 15:20:48

00000: 3(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	48:39	6:39	2	2:53	118	15:22	7.30	48:39	6:39	2	2:53	118	15:22
VP2 - East Side G	6.46	44:58	6:57	2	2:33	145	14:52	13.76	1:33:37	6:48	2	5:26	134	29:59
VP3 - Dammweg	5.90	41:44	7:04	2	2:39	147	14:09	19.66	2:15:21	6:53	2	8:05	134	42:40
VP4 - Johannisth	5.64	48:14	8:33	3	10:09	219	21:39	25.30	3:03:35	7:15	3	18:14	172	1:04:19
VP5 - U-Bahnhof	5.90	50:23	8:32	3	8:47	214	21:29	31.20	3:53:58	7:29	3	27:01	184	1:25:26
VP6 - Buckow	4.92	50:02	10:10	3	18:34	228	25:24	36.12	4:44:00	7:51	3	45:35	197	1:50:50
VP7 - Kirchhainer	6.17	52:40	8:32	2	11:12	181	21:36	42.29	5:36:40	7:57	3	56:47	199	2:12:26
VP8 - Lichtenradi	4.37	40:11	9:11	3	11:13	210	18:06	46.66	6:16:51	8:04	3	1:08:00	202	2:30:32
VP9 - Osdorfer St	5.71	43:31	7:37	2	4:22	141	13:59	52.37	7:00:22	8:01	3	1:12:22	194	2:44:31
VP10 - Sportplatz	6.50	1:06:48	10:16	2	18:31	138	31:58	58.87	8:07:10	8:16	3	1:30:53	180	3:16:29
VP11 - Königswe	6.22	1:04:26	10:21	3	20:19	201	30:16	65.09	9:11:36	8:28	3	1:51:12	182	3:39:23
VP12 - Gedenkst	6.85	1:09:34	10:09	2	17:41	183	31:11	71.94	10:21:10	8:38	2	2:08:53	182	4:06:25
VP13 - Brauhaus	6.88	1:10:42	10:16	3	17:27	171	32:02	78.82	11:31:52	8:46	3	2:26:20	182	4:33:27
VP14 - Revierförs	5.70	54:38	9:35	3	4:34	136	22:34	84.52	12:26:30	8:49	3	2:30:54	174	4:53:45
VP15 - Schloss S	6.24	1:07:20	10:47	2	12:03	98	30:49	90.76	13:33:50	8:58	3	2:42:57	162	5:21:51
VP16 - Pagel & Fi	7.60	1:11:53	9:27	2	2:42	100	28:10	98.36	14:45:43	9:00	2	2:45:39	156	5:45:31
VP17 - Karolinenl	4.91	1:07:50	13:48	3	18:57	198	39:23	103.27	15:53:33	9:14	2	3:04:36	159	6:21:58
VP18 - Falkensee	6.60	1:23:11	12:36	3	14:10	188	44:49	109.87	17:16:44	9:26	3	3:05:02	164	7:05:49
VP19 - Schönwal	5.95	1:34:44	15:55	3	37:40	200	59:28	115.82	18:51:28	9:46	3	3:42:42	170	8:05:17
VP20 - Grenzturn	7.60	1:44:23	13:44	3	25:37	188	1:01:12	123.42	20:35:51	10:00	3	4:08:19	169	9:06:29
VP21 - Ruderclub	4.78	1:38:30	20:36	3	48:03	193	1:11:15	128.20	22:14:21	10:24	3	4:56:22	180	10:17:44
VP22 - Frohnau	4.07	49:27	12:08	3	3:42	157	24:58	132.27	23:03:48	10:27	3	4:58:54	179	10:42:36
VP23 - Naturschu	6.61	1:28:42	13:25	3	7:52	176	49:03	138.88	24:32:30	10:36	3	5:06:46	180	11:30:12
VP24 - Oranienbu	4.98	1:03:50	12:49	2	12:02	161	34:04	143.86	25:36:20	10:40	3	5:18:48	179	12:03:21
VP25 - Laufftreff l	5.34	1:02:43	11:44	2	1:00	142	32:46	149.20	26:39:03	10:43	3	5:19:48	179	12:33:14
VP26 - Wilhelmsr	5.72	56:59	9:57	2	1:16	116	24:51	154.92	27:36:02	10:41	3	5:21:04	177	12:57:35
VP27 - Wollankst	3.02	53:46	17:48	3	16:59	196	44:11	157.94	28:29:48	10:49	3	5:37:23	184	20:58:39
Friedrich-Ludwig	3.96	33:45	8:31	1	-	83	13:20	161.90	29:03:33	10:46	3	5:28:07	180	13:42:45