



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Spintler, Rene

00: TRT Teufelsrutsch

00: 43

00: 161.90 km

100MeilenBerlin

0000:

Senioren M40 (40-44 Jahre)

000: 29:31:27

00: 5.45 km/h

0000: 10:56 min/km

00000/0000: 237 (of 319)

00000/0: 189 (of 257)

000000: 15:20:48

00000: 23(of 31)

0000000: 15:20:48

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Brandenbu	7.30	51:06	7:00	24	11:29	173	17:49	7.30	51:06	7:00	24	11:29	173	17:49
VP2 - East Side C	6.46	50:44	7:51	24	16:26	203	20:38	13.76	1:41:50	7:24	24	27:50	194	38:12
VP3 - Dammweg	5.90	41:15	6:59	20	10:16	140	13:40	19.66	2:23:05	7:16	22	38:05	185	50:24
VP4 - Johannisth	5.64	39:54	7:04	18	10:58	127	13:19	25.30	3:02:59	7:13	21	49:03	167	1:03:43
VP5 - U-Bahnhof	5.90	42:57	7:16	19	12:21	131	14:03	31.20	3:45:56	7:14	21	1:01:24	157	1:17:24
VP6 - Buckow	4.92	44:09	8:58	26	17:55	206	19:31	36.12	4:30:05	7:28	21	1:19:19	167	1:36:55
VP7 - Kirchhainer	6.17	51:20	8:19	21	18:28	170	20:16	42.29	5:21:25	7:36	22	1:37:47	167	1:57:11
VP8 - Lichtenradi	4.37	34:17	7:50	20	11:04	155	12:12	46.66	5:55:42	7:37	22	1:48:51	164	2:09:23
VP9 - Osdorfer St	5.71	50:29	8:50	27	19:49	209	20:57	52.37	6:46:11	7:45	22	2:08:40	172	2:30:20
VP10 - Sportplatz	6.50	1:15:00	11:32	21	37:44	170	40:10	58.87	8:01:11	8:10	22	2:46:24	174	3:10:30
VP11 - Königswe	6.22	1:01:29	9:53	20	27:19	184	27:19	65.09	9:02:40	8:20	22	3:13:43	173	3:30:27
VP12 - Gedenkst	6.85	1:15:08	10:58	26	35:44	208	36:45	71.94	10:17:48	8:35	22	3:49:27	178	4:03:03
VP13 - Brauhaus	6.88	1:13:01	10:36	23	34:14	185	34:21	78.82	11:30:49	8:45	22	4:23:41	177	4:32:24
VP14 - Revierförs	5.70	1:05:49	11:32	23	32:00	198	33:45	84.52	12:36:38	8:57	22	4:55:41	183	5:03:53
VP15 - Schloss S	6.24	1:08:38	10:59	9	32:07	105	32:07	90.76	13:45:16	9:05	21	5:27:48	172	5:33:17
VP16 - Pagel & Fi	7.60	1:32:53	12:13	26	47:16	199	49:10	98.36	15:18:09	9:20	22	6:15:04	178	6:17:57
VP17 - Karolinenl	4.91	1:04:22	13:06	25	35:52	196	35:55	103.27	16:22:31	9:30	21	6:50:56	176	6:50:56
VP18 - Falkensee	6.60	1:22:49	12:32	20	43:29	186	44:27	109.87	17:45:20	9:41	20	7:34:25	178	7:34:25
VP19 - Schönwal	5.95	1:24:59	14:16	24	49:43	190	49:43	115.82	19:10:19	9:55	21	8:24:08	177	8:24:08
VP20 - Grenzturn	7.60	2:03:33	16:15	24	1:20:22	197	1:20:22	123.42	21:13:52	10:19	21	9:44:30	187	9:44:30
VP21 - Ruderclub	4.78	1:34:30	19:46	23	1:07:15	190	1:07:15	128.20	22:48:22	10:40	25	10:51:45	195	10:51:45
VP22 - Frohnau	4.07	1:02:26	15:20	25	37:51	195	37:57	132.27	23:50:48	10:49	25	11:29:36	197	11:29:36
VP23 - Naturschu	6.61	1:22:05	12:25	18	40:59	153	42:26	138.88	25:12:53	10:53	25	12:10:35	196	12:10:35
VP24 - Oranienbu	4.98	52:20	10:30	10	21:39	80	22:34	143.86	26:05:13	10:52	24	12:32:14	194	12:32:14
VP25 - Laufftreff l	5.34	1:00:14	11:16	15	27:24	127	30:17	149.20	27:05:27	10:53	24	12:59:38	191	12:59:38
VP26 - Wilhelmsr	5.72	1:01:27	10:44	18	28:49	143	29:19	154.92	28:06:54	10:53	24	13:28:27	188	13:28:27
VP27 - Wollankst	3.02	42:38	14:07	20	22:00	168	33:03	157.94	28:49:32	10:57	23	13:50:27	190	21:18:23
Friedrich-Ludwig	3.96	41:55	10:35	20	20:12	146	21:30	161.90	29:31:27	10:56	23	14:10:39	189	14:10:39