



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

□□□□

Morstabilini, LUCA

□□: Soresina running club

□□: 14

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 17:12:46

□□: 9.35 km/h

□□□□: 6:23 min/km

□□□□□/□□□□: 6 (of 319)

□□□□□/□: 5 (of 257)

□□□□□□: 15:20:48

□□□□□: 1(of 59)

□□□□□□□: 17:12:46

□□□□

□□□□

□□□

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