



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Beszon, Reinhard

□□□: 17:43:50

□□: VfL Eintracht Hannover

□□: 9.08 km/h

□□: 80

□□□□: 6:34 min/km

□□: 161.90 km

□□□□□/□□□: 9 (of 319)

100MeilenBerlin

□□□□□/□: 8 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 4(of 59)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:12:46

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