



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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FLOCK, Peter

□□□: 15:47:54

□□: Lauffeuer Fröttstädt

□□: 10.24 km/h

□□: 1

□□□□: 5:52 min/km

□□: 161.70 km

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100MeilenBerlin

□□□□□/□: 11 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 1(of 85)

Senioren M45 (45-49 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	37:28	5:23	9	4:04	32	6:27	6.94	37:28	5:23	9	4:04	32	6:27
VP2 - Laufftreff Li	5.69	32:04	5:38	10	4:49	35	7:59	12.63	1:09:32	5:30	9	8:53	32	14:26
VP3 - Oranienbur	5.74	30:09	5:15	6	4:20	28	6:03	18.37	1:39:41	5:25	8	13:13	29	20:29
VP4 - Naturschut	4.70	28:11	5:59	5	3:04	29	5:45	23.07	2:07:52	5:32	6	16:17	26	26:14
VP5 - Frohnau	6.80	36:40	5:23	4	3:26	24	7:45	29.87	2:44:32	5:30	6	18:44	26	33:59
VP6 - Ruderclub	4.06	23:09	5:42	4	1:40	25	5:02	33.93	3:07:41	5:31	6	20:24	26	38:58
VP7 - Grenzturm	4.75	26:35	5:35	3	2:31	23	4:52	38.68	3:34:16	5:32	5	22:55	26	43:50
VP8 - Schönwald	7.52	42:27	5:38	7	3:00	26	6:37	46.20	4:16:43	5:33	5	25:03	26	50:03
VP9 - Falkenseer	5.76	32:24	5:37	1	-	14	4:04	51.96	4:49:07	5:33	3	24:58	22	53:39
VP10 - Karolinenl	6.54	36:20	5:33	3	1:16	10	4:08	58.50	5:25:27	5:33	3	25:17	20	57:47
VP11 - Pagel & Fi	4.90	27:58	5:42	2	0:04	17	4:55	63.40	5:53:25	5:34	3	25:21	19	1:02:42
VP12 - Schloss S	7.62	43:31	5:42	1	-	13	6:38	71.02	6:36:56	5:35	3	21:56	20	1:09:20
VP13 - Revierförs	6.21	36:16	5:50	2	0:31	16	7:26	77.23	7:13:12	5:36	3	20:12	20	1:16:46
VP14 - Brauhaus	6.00	33:12	5:32	2	0:11	14	4:39	83.23	7:46:24	5:36	3	19:19	18	1:21:25
VP15 - Gedenkst.	6.90	39:35	5:44	2	0:01	17	6:40	90.13	8:25:59	5:36	3	18:50	18	1:28:05
VP16 - Königswe	6.87	41:39	6:03	1	-	7	6:54	97.00	9:07:38	5:38	3	15:08	17	1:34:59
VP17 - Sportplatz	6.20	37:47	6:05	1	-	10	4:02	103.20	9:45:25	5:40	2	10:16	15	1:39:01
VP18 - Osdorfer	6.50	37:49	5:49	1	-	6	3:22	109.70	10:23:14	5:40	2	5:10	14	1:40:06
VP19 - Lichtenra	5.70	38:02	6:40	2	0:08	9	3:52	115.40	11:01:16	5:43	2	0:09	14	1:42:11
VP20 - Kirchhain	4.37	22:51	5:13	2	1:00	7	4:01	119.77	11:24:07	5:42	1	-	13	1:46:12
VP21 - Buckow	6.43	37:40	5:51	2	2:36	10	4:04	126.20	12:01:47	5:43	1	-	13	1:50:16
VP22 - Rudow	4.90	30:13	6:09	1	-	6	4:14	131.10	12:32:00	5:44	1	-	13	1:54:30
VP23 - Johannistl	5.90	35:02	5:56	1	-	6	3:27	137.00	13:07:02	5:44	1	-	13	1:57:57
VP24 - Dammwe	5.70	34:16	6:00	1	-	6	3:05	142.70	13:41:18	5:45	1	-	12	2:00:33
VP25 - East Side	5.80	40:31	6:59	1	-	7	3:34	148.50	14:21:49	5:48	1	-	12	2:01:36
VP26 - Checkpoir	5.28	25:03	4:44	1	-	7	3:30	153.78	14:46:52	5:46	1	-	11	2:02:36
VP27 - Gedenkst.	3.32	31:29	9:28	4	4:01	19	6:52	157.10	15:18:21	5:50	1	-	11	2:07:18
Friedrich-Ludwig	4.60	29:33	6:25	2	0:04	13	5:21	161.70	15:47:54	5:51	1	-	11	2:07:58