



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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MIEß, Bernd

□□□: 28:40:14

□□: Rennsteiglaufverein

□□: 5.62 km/h

□□: 108

□□□□: 10:38 min/km

□□: 161.70 km

□□□□□/□□□□: 322 (of 459)

100MeilenBerlin

□□□□□/□: 200 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 2(of 3)

Senioren M70 (70-74 Jahre)

□□□□□□□: 27:24:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	51:32	7:25	2	2:07	244	20:31	6.94	51:32	7:25	2	2:07	244	20:31
VP2 - Laufftreff Li	5.69	44:35	7:50	3	0:45	249	20:30	12.63	1:36:07	7:36	2	2:29	248	41:01
VP3 - Oranienbur	5.74	42:53	7:28	2	0:29	243	18:47	18.37	2:19:00	7:34	2	2:58	245	59:48
VP4 - Naturschut	4.70	41:53	8:54	3	2:57	249	19:27	23.07	3:00:53	7:50	3	3:32	248	1:19:15
VP5 - Frohnau	6.80	1:00:04	8:50	3	10:48	267	31:09	29.87	4:00:57	8:03	3	14:20	261	1:50:24
VP6 - Ruderclub	4.06	39:54	9:49	2	4:01	229	21:47	33.93	4:40:51	8:16	3	18:21	256	2:12:08
VP7 - Grenzturm	4.75	42:03	8:51	2	3:44	248	20:20	38.68	5:22:54	8:20	3	22:05	254	2:32:28
VP8 - Schönwald	7.52	1:03:52	8:29	2	2:53	237	28:02	46.20	6:26:46	8:22	3	24:58	253	3:00:06
VP9 - Falkenseer	5.76	51:53	9:00	1	-	205	23:33	51.96	7:18:39	8:26	2	22:17	248	3:23:11
VP10 - Karolinenl	6.54	1:01:23	9:23	2	3:34	227	29:11	58.50	8:20:02	8:32	2	25:51	242	3:52:22
VP11 - Pagel & Fi	4.90	48:12	9:50	2	3:06	220	25:09	63.40	9:08:14	8:38	2	28:57	242	4:17:31
VP12 - Schloss S	7.62	1:22:37	10:50	1	-	219	45:44	71.02	10:30:51	8:52	2	27:48	239	5:03:15
VP13 - Revierförs	6.21	1:00:54	9:48	2	2:46	224	32:04	77.23	11:31:45	8:57	2	30:34	238	5:35:19
VP14 - Brauhaus	6.00	1:00:58	10:09	3	1:56	236	32:25	83.23	12:32:43	9:02	2	30:56	238	6:07:44
VP15 - Gedenkst.	6.90	1:13:15	10:36	3	9:01	239	40:20	90.13	13:45:58	9:09	2	39:57	238	6:48:04
VP16 - Königswe	6.87	1:18:43	11:27	3	4:59	208	43:58	97.00	15:04:41	9:19	2	44:56	235	7:32:02
VP17 - Sportplatz	6.20	1:26:57	14:01	1	-	189	53:12	103.20	16:31:38	9:36	2	2:11:53	224	8:25:14
VP18 - Osdorfer	6.50	1:11:19	10:58	1	-	183	36:52	109.70	17:42:57	9:41	2	41:16	219	8:59:49
VP19 - Lichtenra	5.70	1:13:25	12:52	2	5:23	210	39:15	115.40	18:56:22	9:50	2	46:39	217	9:37:17
VP20 - Kirchhain	4.37	54:03	12:22	2	7:47	207	35:13	119.77	19:50:25	9:56	2	54:26	216	10:12:30
VP21 - Buckow	6.43	1:22:47	12:52	2	5:46	207	49:11	126.20	21:13:12	10:05	2	1:00:12	212	11:01:41
VP22 - Rudow	4.90	1:00:24	12:19	1	-	180	34:25	131.10	22:13:36	10:10	2	59:59	207	11:36:06
VP23 - Johannistl	5.90	1:15:35	12:48	2	7:43	184	44:00	137.00	23:29:11	10:17	2	1:07:42	205	12:20:06
VP24 - Dammwe	5.70	1:05:31	11:29	1	-	159	34:20	142.70	24:34:42	10:20	2	1:03:02	201	12:53:57
VP25 - East Side	5.80	1:22:07	14:09	2	6:03	193	45:10	148.50	25:56:49	10:29	2	1:09:05	202	13:36:36
VP26 - Checkpoir	5.28	51:44	9:47	2	2:34	183	30:11	153.78	26:48:33	10:27	2	1:11:39	202	14:04:17
VP27 - Gedenkst.	3.32	53:45	16:11	1	-	173	29:08	157.10	27:42:18	10:34	2	1:11:24	201	14:31:15
Friedrich-Ludwig	4.60	57:56	12:35	2	4:26	188	33:44	161.70	28:40:14	10:38	2	1:15:50	200	15:00:18