



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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NOA, Frank

□□□: 28:18:08

□□: Rennsteiglaufverein

□□: 5.69 km/h

□□: 126

□□□□: 10:30 min/km

□□: 161.70 km

□□□□□/□□□□: 310 (of 459)

100MeilenBerlin

□□□□□/□: 193 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 22(of 46)

Senioren M55 (55-59 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	50:24	7:15	29	19:23	228	19:23	6.94	50:24	7:15	29	19:23	228	19:23	
VP2 - Laufftreff Li	5.69	43:48	7:41	32	19:43	238	19:43	12.63	1:34:12	7:27	29	39:06	232	39:06	
VP3 - Oranienbur	5.74	41:16	7:11	28	17:10	221	17:10	18.37	2:15:28	7:22	30	56:16	234	56:16	
VP4 - Naturschut	4.70	40:25	8:35	29	17:59	232	17:59	23.07	2:55:53	7:37	28	1:14:15	229	1:14:15	
VP5 - Frohnau	6.80	51:44	7:36	29	22:49	230	22:49	29.87	3:47:37	7:37	28	1:37:04	232	1:37:04	
VP6 - Ruderclub	4.06	37:55	9:20	27	19:45	210	19:48	33.93	4:25:32	7:49	28	1:56:49	226	1:56:49	
VP7 - Grenzturm	4.75	39:22	8:17	31	17:39	228	17:39	38.68	5:04:54	7:52	28	2:14:28	226	2:14:28	
VP8 - Schönwald	7.52	1:01:52	8:13	28	25:38	225	26:02	46.20	6:06:46	7:56	27	2:40:06	228	2:40:06	
VP9 - Falkenseer	5.76	54:57	9:32	29	26:09	232	26:37	51.96	7:01:43	8:06	28	3:06:15	230	3:06:15	
VP10 - Karolinenl	6.54	1:00:56	9:19	28	28:44	225	28:44	58.50	8:02:39	8:15	29	3:34:59	234	3:34:59	
VP11 - Pagel & Fi	4.90	46:44	9:32	26	23:41	215	23:41	63.40	8:49:23	8:20	29	3:58:40	231	3:58:40	
VP12 - Schloss S	7.62	1:20:21	10:32	26	43:28	208	43:28	71.02	10:09:44	8:35	29	4:42:08	228	4:42:08	
VP13 - Revierförs	6.21	56:37	9:07	21	27:47	199	27:47	77.23	11:06:21	8:37	27	5:09:55	223	5:09:55	
VP14 - Brauhaus	6.00	54:25	9:04	19	25:52	196	25:52	83.23	12:00:46	8:39	27	5:35:47	222	5:35:47	
VP15 - Gedenkst.	6.90	1:07:03	9:43	26	34:08	218	34:08	90.13	13:07:49	8:44	27	6:09:55	221	6:09:55	
VP16 - Königswe	6.87	1:13:16	10:39	20	38:31	184	38:31	97.00	14:21:05	8:52	26	6:48:26	219	6:48:26	
VP17 - Sportplatz	6.20	1:04:58	10:28	10	31:13	100	31:13	103.20	15:26:03	8:58	24	7:19:39	199	7:19:39	
VP18 - Osdorfer	6.50	1:38:41	15:10	28	1:01:57	223	1:04:14	109.70	17:04:44	9:20	25	8:21:36	210	8:21:36	
VP19 - Lichtenra	5.70	1:18:13	13:43	26	42:16	221	44:03	115.40	18:22:57	9:33	26	9:03:52	207	9:03:52	
VP20 - Kirchhain	4.37	53:54	12:20	23	35:04	206	35:04	119.77	19:16:51	9:39	26	9:38:56	207	9:38:56	
VP21 - Buckow	6.43	1:20:24	12:30	24	46:48	202	46:48	126.20	20:37:15	9:48	24	10:25:44	201	10:25:44	
VP22 - Rudow	4.90	1:06:35	13:35	25	40:36	210	40:36	131.10	21:43:50	9:56	24	11:06:20	198	11:06:20	
VP23 - Johannistl	5.90	1:18:01	13:13	23	46:26	191	46:26	137.00	23:01:51	10:05	24	11:52:46	199	11:52:46	
VP24 - Dammwe	5.70	1:13:53	12:57	23	42:13	193	42:42	142.70	24:15:44	10:12	23	12:34:59	194	12:34:59	
VP25 - East Side	5.80	1:18:26	13:31	23	38:58	177	41:29	148.50	25:34:10	10:19	21	13:13:57	194	13:13:57	
VP26 - Checkpoir	5.28	52:24	9:55	23	28:21	187	30:51	153.78	26:26:34	10:19	22	13:42:18	195	13:42:18	
VP27 - Gedenkst.	3.32	56:44	17:05	25	29:57	194	32:07	157.10	27:23:18	10:27	22	14:12:15	194	14:12:15	
Friedrich-Ludwig	4.60	54:50	11:55	22	25:57	170	30:38	161.70	28:18:08	10:30	22	14:38:12	193	14:38:12	