



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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NIEMANN, Detlev

□□□: 22:52:47

□□: BTC Herne

□□: 7.04 km/h

□□: 127

□□□□: 8:29 min/km

□□: 161.70 km

□□□□□/□□□: 198 (of 459)

100MeilenBerlin

□□□□□/□: 111 (of 302)

□□□□□□: 13:39:56

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□□□□□: 12(of 46)

Senioren M55 (55-59 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	48:42	7:01	16	17:41	184	17:41	6.94	48:42	7:01	16	17:41	184	17:41	
VP2 - Laufftreff Li	5.69	40:01	7:01	17	15:56	175	15:56	12.63	1:28:43	7:01	17	33:37	183	33:37	
VP3 - Oranienbur	5.74	37:01	6:26	11	12:55	153	12:55	18.37	2:05:44	6:50	15	46:32	172	46:32	
VP4 - Naturschut	4.70	34:17	7:17	13	11:51	135	11:51	23.07	2:40:01	6:56	12	58:23	165	58:23	
VP5 - Frohnau	6.80	44:41	6:34	11	15:46	136	15:46	29.87	3:24:42	6:51	11	1:14:09	159	1:14:09	
VP6 - Ruderclub	4.06	29:12	7:11	7	11:02	106	11:05	33.93	3:53:54	6:53	10	1:25:11	147	1:25:11	
VP7 - Grenzturm	4.75	30:45	6:28	5	9:02	85	9:02	38.68	4:24:39	6:50	10	1:34:13	139	1:34:13	
VP8 - Schönwald	7.52	46:56	6:14	4	10:42	65	11:06	46.20	5:11:35	6:44	9	1:44:55	127	1:44:55	
VP9 - Falkenseer	5.76	45:51	7:57	13	17:03	140	17:31	51.96	5:57:26	6:52	9	2:01:58	133	2:01:58	
VP10 - Karolinenl	6.54	49:43	7:36	10	17:31	123	17:31	58.50	6:47:09	6:57	8	2:19:29	130	2:19:29	
VP11 - Pagel & Fi	4.90	36:43	7:29	6	13:40	105	13:40	63.40	7:23:52	7:00	9	2:33:09	128	2:33:09	
VP12 - Schloss S	7.62	59:30	7:48	6	22:37	88	22:37	71.02	8:23:22	7:05	7	2:55:46	115	2:55:46	
VP13 - Revierförs	6.21	47:23	7:37	6	18:33	102	18:33	77.23	9:10:45	7:07	6	3:14:19	112	3:14:19	
VP14 - Brauhaus	6.00	48:13	8:02	12	19:40	136	19:40	83.23	9:58:58	7:11	6	3:33:59	113	3:33:59	
VP15 - Gedenkst.	6.90	52:45	7:38	9	19:50	109	19:50	90.13	10:51:43	7:13	6	3:53:49	112	3:53:49	
VP16 - Königswe	6.87	1:01:15	8:54	7	26:30	102	26:30	97.00	11:52:58	7:21	5	4:20:19	108	4:20:19	
VP17 - Sportplatz	6.20	1:09:01	11:07	15	35:16	130	35:16	103.20	13:01:59	7:34	7	4:55:35	112	4:55:35	
VP18 - Osdorfer	6.50	54:42	8:24	8	17:58	99	20:15	109.70	13:56:41	7:37	6	5:13:33	109	5:13:33	
VP19 - Lichtenra	5.70	57:33	10:05	14	21:36	139	23:23	115.40	14:54:14	7:44	6	5:35:09	107	5:35:09	
VP20 - Kirchhain	4.37	34:48	7:57	5	15:58	85	15:58	119.77	15:29:02	7:45	6	5:51:07	109	5:51:07	
VP21 - Buckow	6.43	57:50	8:59	11	24:14	115	24:14	126.20	16:26:52	7:49	7	6:15:21	105	6:15:21	
VP22 - Rudow	4.90	45:30	9:17	7	19:31	94	19:31	131.10	17:12:22	7:52	6	6:34:52	100	6:34:52	
VP23 - Johannistl	5.90	56:02	9:29	10	24:27	96	24:27	137.00	18:08:24	7:56	7	6:59:19	103	6:59:19	
VP24 - Dammwe	5.70	1:02:26	10:57	16	30:46	140	31:15	142.70	19:10:50	8:03	8	7:30:05	103	7:30:05	
VP25 - East Side	5.80	1:14:17	12:48	21	34:49	162	37:20	148.50	20:25:07	8:14	9	8:04:54	107	8:04:54	
VP26 - Checkpoir	5.28	45:08	8:32	21	21:05	145	23:35	153.78	21:10:15	8:15	9	8:25:59	105	8:25:59	
VP27 - Gedenkst.	3.32	52:54	15:56	21	26:07	165	28:17	157.10	22:03:09	8:25	11	8:52:06	112	8:52:06	
Friedrich-Ludwig	4.60	49:38	10:47	19	20:45	148	25:26	161.70	22:52:47	8:29	12	9:12:51	111	9:12:51	