



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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ROSENAU, Dietmar

□□: LG Ultralauf

□□: 128

□□: 161.70 km

100MeilenBerlin

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Senioren M55 (55-59 Jahre)

□□□: 22:50:06

□□: 7.08 km/h

□□□□: 8:28 min/km

□□□□□/□□□□: 194 (of 459)

□□□□□/□: 109 (of 302)

□□□□□□: 13:39:56

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	43:58	6:20	6	12:57	117	12:57	6.94	43:58	6:20	6	12:57	117	12:57
VP2 - Laufftreff Li	5.69	37:13	6:32	9	13:08	121	13:08	12.63	1:21:11	6:25	6	26:05	115	26:05
VP3 - Oranienbur	5.74	34:45	6:03	6	10:39	109	10:39	18.37	1:55:56	6:18	7	36:44	117	36:44
VP4 - Naturschut	4.70	32:55	7:00	8	10:29	109	10:29	23.07	2:28:51	6:27	7	47:13	115	47:13
VP5 - Frohnau	6.80	43:44	6:25	8	14:49	122	14:49	29.87	3:12:35	6:26	8	1:02:02	113	1:02:02
VP6 - Ruderclub	4.06	31:24	7:44	13	13:14	132	13:17	33.93	3:43:59	6:36	8	1:15:16	116	1:15:16
VP7 - Grenzturm	4.75	33:27	7:02	11	11:44	141	11:44	38.68	4:17:26	6:39	8	1:27:00	115	1:27:00
VP8 - Schönwald	7.52	52:17	6:57	12	16:03	147	16:27	46.20	5:09:43	6:42	8	1:43:03	120	1:43:03
VP9 - Falkenseer	5.76	45:12	7:50	11	16:24	134	16:52	51.96	5:54:55	6:49	7	1:59:27	122	1:59:27
VP10 - Karolinenl	6.54	50:33	7:43	11	18:21	131	18:21	58.50	6:45:28	6:55	7	2:17:48	124	2:17:48
VP11 - Pagel & Fi	4.90	37:04	7:33	7	14:01	110	14:01	63.40	7:22:32	6:58	8	2:31:49	127	2:31:49
VP12 - Schloss S	7.62	1:07:13	8:49	14	30:20	136	30:20	71.02	8:29:45	7:10	9	3:02:09	126	3:02:09
VP13 - Revierförs	6.21	49:06	7:54	8	20:16	121	20:16	77.23	9:18:51	7:14	8	3:22:25	121	3:22:25
VP14 - Brauhaus	6.00	46:45	7:47	7	18:12	115	18:12	83.23	10:05:36	7:16	8	3:40:37	121	3:40:37
VP15 - Gedenkst.	6.90	53:14	7:42	11	20:19	116	20:19	90.13	10:58:50	7:18	8	4:00:56	121	4:00:56
VP16 - Königswe	6.87	1:00:53	8:51	4	26:08	94	26:08	97.00	11:59:43	7:25	7	4:27:04	113	4:27:04
VP17 - Sportplatz	6.20	1:03:41	10:16	9	29:56	97	29:56	103.20	13:03:24	7:35	8	4:57:00	115	4:57:00
VP18 - Osdorfer	6.50	53:37	8:14	6	16:53	88	19:10	109.70	13:57:01	7:37	7	5:13:53	110	5:13:53
VP19 - Lichtenra	5.70	59:46	10:29	17	23:49	151	25:36	115.40	14:56:47	7:46	7	5:37:42	110	5:37:42
VP20 - Kirchhain	4.37	40:09	9:11	14	21:19	143	21:19	119.77	15:36:56	7:49	9	5:59:01	113	5:59:01
VP21 - Buckow	6.43	1:01:47	9:36	15	28:11	142	28:11	126.20	16:38:43	7:54	9	6:27:12	114	6:27:12
VP22 - Rudow	4.90	50:48	10:22	17	24:49	145	24:49	131.10	17:29:31	8:00	10	6:52:01	119	6:52:01
VP23 - Johannistl	5.90	56:54	9:38	13	25:19	103	25:19	137.00	18:26:25	8:04	10	7:17:20	113	7:17:20
VP24 - Dammwe	5.70	57:33	10:05	13	25:53	115	26:22	142.70	19:23:58	8:09	10	7:43:13	111	7:43:13
VP25 - East Side	5.80	1:09:19	11:57	17	29:51	128	32:22	148.50	20:33:17	8:18	10	8:13:04	113	8:13:04
VP26 - Checkpoir	5.28	42:55	8:07	17	18:52	120	21:22	153.78	21:16:12	8:17	11	8:31:56	113	8:31:56
VP27 - Gedenkst.	3.32	46:17	13:56	16	19:30	115	21:40	157.10	22:02:29	8:25	10	8:51:26	109	8:51:26
Friedrich-Ludwig	4.60	47:37	10:21	16	18:44	127	23:25	161.70	22:50:06	8:28	11	9:10:10	109	9:10:10