



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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SPIPKER, Oli

□□□: 19:56:16

□□: (ohne)

□□: 8.08 km/h

□□: 138

□□□□: 7:24 min/km

□□: 161.70 km

□□□□□/□□□□: 123 (of 459)

100MeilenBerlin

□□□□□/□: 55 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 19(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	41:05	5:55	16	7:41	60	10:04	6.94	41:05	5:55	16	7:41	60	10:04
VP2 - Laufftreff Li	5.69	33:50	5:56	13	6:35	49	9:45	12.63	1:14:55	5:55	14	14:16	56	19:49
VP3 - Oranienbur	5.74	32:05	5:35	15	6:16	50	7:59	18.37	1:47:00	5:49	14	20:32	53	27:48
VP4 - Naturschut	4.70	29:30	6:16	11	4:23	46	7:04	23.07	2:16:30	5:55	11	24:55	47	34:52
VP5 - Frohnau	6.80	38:41	5:41	12	5:27	44	9:46	29.87	2:55:11	5:51	11	29:23	45	44:38
VP6 - Ruderclub	4.06	24:15	5:58	9	2:46	35	6:08	33.93	3:19:26	5:52	10	32:09	42	50:43
VP7 - Grenzturm	4.75	28:38	6:01	12	4:34	47	6:55	38.68	3:48:04	5:53	10	36:43	42	57:38
VP8 - Schönwald	7.52	46:24	6:10	17	6:57	56	10:34	46.20	4:34:28	5:56	10	42:48	43	1:07:48
VP9 - Falkenseer	5.76	36:19	6:18	9	3:55	38	7:59	51.96	5:10:47	5:58	12	46:38	45	1:15:19
VP10 - Karolinenl	6.54	41:35	6:21	9	6:31	38	9:23	58.50	5:52:22	6:01	11	52:12	43	1:24:42
VP11 - Pagel & Fi	4.90	31:50	6:29	11	3:56	42	8:47	63.40	6:24:12	6:03	11	56:08	43	1:33:29
VP12 - Schloss S	7.62	50:26	6:37	12	6:55	37	13:33	71.02	7:14:38	6:07	10	59:38	42	1:47:02
VP13 - Revierförs	6.21	42:45	6:53	12	7:00	40	13:55	77.23	7:57:23	6:10	10	1:04:23	41	2:00:57
VP14 - Brauhaus	6.00	38:42	6:27	12	5:41	39	10:09	83.23	8:36:05	6:12	10	1:09:00	40	2:11:06
VP15 - Gedenkst.	6.90	48:03	6:57	25	8:29	66	15:08	90.13	9:24:08	6:15	10	1:16:59	40	2:26:14
VP16 - Königswe	6.87	50:49	7:23	10	9:10	34	16:04	97.00	10:14:57	6:20	10	1:22:27	40	2:42:18
VP17 - Sportplatz	6.20	45:36	7:21	6	7:49	22	11:51	103.20	11:00:33	6:24	9	1:25:24	37	2:54:09
VP18 - Osdorfer	6.50	49:25	7:36	19	11:36	57	14:58	109.70	11:49:58	6:28	8	1:31:54	35	3:06:50
VP19 - Lichtenrav	5.70	49:56	8:45	21	12:02	66	15:46	115.40	12:39:54	6:35	8	1:38:47	35	3:20:49
VP20 - Kirchhain	4.37	30:58	7:05	15	9:07	49	12:08	119.77	13:10:52	6:36	8	1:46:45	36	3:32:57
VP21 - Buckow	6.43	50:03	7:47	18	14:59	56	16:27	126.20	14:00:55	6:39	8	1:59:08	36	3:49:24
VP22 - Rudow	4.90	40:35	8:16	14	10:22	50	14:36	131.10	14:41:30	6:43	8	2:09:30	35	4:04:00
VP23 - Johannistl	5.90	51:36	8:44	22	16:34	65	20:01	137.00	15:33:06	6:48	8	2:26:04	36	4:24:01
VP24 - Dammwe	5.70	50:25	8:50	19	16:09	55	19:14	142.70	16:23:31	6:53	8	2:42:13	36	4:42:46
VP25 - East Side	5.80	1:00:39	10:27	27	20:08	81	23:42	148.50	17:24:10	7:01	8	3:02:21	36	5:03:57
VP26 - Checkpoir	5.28	51:02	9:39	52	25:59	179	29:29	153.78	18:15:12	7:07	14	3:28:20	43	5:30:56
VP27 - Gedenkst.	3.32	52:47	15:53	48	25:19	164	28:10	157.10	19:07:59	7:18	18	3:49:38	52	5:56:56
Friedrich-Ludwig	4.60	48:17	10:29	39	18:48	135	24:05	161.70	19:56:16	7:23	19	4:08:22	55	6:16:20