



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

□□□□

ROß, Patrick

□□: LG Mauerweg e. V.

□□: 156

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 27:53:03

□□: 5.77 km/h

□□□□: 10:21 min/km

□□□□□/□□□□: 304 (of 459)

□□□□□/□: 189 (of 302)

□□□□□□: 13:39:56

□□□□□: 59(of 85)

□□□□□□□: 15:47:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	50:07	7:13	69	16:43	224	19:06	6.94	50:07	7:13	69	16:43	224	19:06
VP2 - Lauftreff Li	5.69	43:10	7:35	73	15:55	228	19:05	12.63	1:33:17	7:23	71	32:38	226	38:11
VP3 - Oranienbur	5.74	41:23	7:12	69	15:34	223	17:17	18.37	2:14:40	7:19	70	48:12	228	55:28
VP4 - Naturschut	4.70	42:42	9:05	74	17:35	254	20:16	23.07	2:57:22	7:41	72	1:05:47	236	1:15:44
VP5 - Frohnau	6.80	1:01:45	9:04	77	28:31	270	32:50	29.87	3:59:07	8:00	76	1:33:19	256	1:48:34
VP6 - Ruderclub	4.06	45:38	11:14	72	24:09	255	27:31	33.93	4:44:45	8:23	77	1:57:28	259	2:16:02
VP7 - Grenzturm	4.75	44:24	9:20	76	20:20	257	22:41	38.68	5:29:09	8:30	77	2:17:48	256	2:38:43
VP8 - Schönwald	7.52	1:04:17	8:32	74	24:50	240	28:27	46.20	6:33:26	8:30	77	2:41:46	255	3:06:46
VP9 - Falkenseer	5.76	1:05:16	11:19	76	32:52	259	36:56	51.96	7:38:42	8:49	77	3:14:33	256	3:43:14
VP10 - Karolinenl	6.54	1:05:47	10:03	75	30:43	242	33:35	58.50	8:44:29	8:57	77	3:44:19	254	4:16:49
VP11 - Pagel & Fi	4.90	49:00	10:00	70	21:06	230	25:57	63.40	9:33:29	9:02	77	4:05:25	254	4:42:46
VP12 - Schloss S	7.62	1:12:49	9:33	56	29:18	176	35:56	71.02	10:46:18	9:06	76	4:31:18	247	5:18:42
VP13 - Revierförs	6.21	1:00:56	9:48	71	25:11	225	32:06	77.23	11:47:14	9:09	75	4:54:14	244	5:50:48
VP14 - Brauhaus	6.00	56:02	9:20	69	23:01	210	27:29	83.23	12:43:16	9:10	73	5:16:11	241	6:18:17
VP15 - Gedenkst.	6.90	59:26	8:36	60	19:52	174	26:31	90.13	13:42:42	9:07	71	5:35:33	234	6:44:48
VP16 - Königswe	6.87	1:22:11	11:57	68	40:32	217	47:26	97.00	15:04:53	9:19	72	6:12:23	236	7:32:14
VP17 - Sportplatz	6.20	1:29:54	14:30	56	52:07	198	56:09	103.20	16:34:47	9:38	69	6:59:38	226	8:28:23
VP18 - Osdorfer	6.50	1:10:44	10:52	55	32:55	180	36:17	109.70	17:45:31	9:42	68	7:27:27	222	9:02:23
VP19 - Lichtenrav	5.70	1:07:45	11:53	60	29:51	178	33:35	115.40	18:53:16	9:49	66	7:52:09	215	9:34:11
VP20 - Kirchhain	4.37	43:34	9:58	54	21:43	165	24:44	119.77	19:36:50	9:49	65	8:12:43	210	9:58:55
VP21 - Buckow	6.43	1:14:50	11:38	59	39:46	182	41:14	126.20	20:51:40	9:55	65	8:49:53	207	10:40:09
VP22 - Rudow	4.90	1:00:40	12:22	58	30:27	184	34:41	131.10	21:52:20	10:00	63	9:20:20	203	11:14:50
VP23 - Johannistl	5.90	1:03:29	10:45	46	28:27	144	31:54	137.00	22:55:49	10:02	63	9:48:47	196	11:46:44
VP24 - Dammwe	5.70	1:10:58	12:27	53	36:42	183	39:47	142.70	24:06:47	10:08	61	10:25:29	191	12:26:02
VP25 - East Side	5.80	1:20:46	13:55	53	40:15	187	43:49	148.50	25:27:33	10:17	61	11:05:44	192	13:07:20
VP26 - Checkpoir	5.28	49:15	9:19	49	24:12	169	27:42	153.78	26:16:48	10:15	61	11:29:56	192	13:32:32
VP27 - Gedenkst.	3.32	45:03	13:34	31	17:35	101	20:26	157.10	27:01:51	10:19	60	11:43:30	190	13:50:48
Friedrich-Ludwig	4.60	51:12	11:07	48	21:43	156	27:00	161.70	27:53:03	10:20	59	12:05:09	189	14:13:07