



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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MELBOURNE, John

□□□: 16:00:24

□□: Tadworth Slackers

□□: 10.06 km/h

□□: 160

□□□□: 5:56 min/km

□□: 161.70 km

□□□□□/□□□□: 38 (of 459)

100MeilenBerlin

□□□□□/□: 12 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 4(of 31)

Senioren M35 (35-39 Jahre)

□□□□□□□: 14:42:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	34:49	5:01	4	2:58	13	3:48	6.94	34:49	5:01	4	2:58	13	3:48	
VP2 - Laufftreff Li	5.69	30:10	5:18	5	4:07	16	6:05	12.63	1:04:59	5:08	4	5:51	15	9:53	
VP3 - Oranienbur	5.74	28:47	5:00	6	3:23	19	4:41	18.37	1:33:46	5:06	4	8:39	15	14:34	
VP4 - Naturschut	4.70	25:59	5:31	5	2:40	15	3:33	23.07	1:59:45	5:11	4	11:19	15	18:07	
VP5 - Frohnau	6.80	34:39	5:05	5	5:41	17	5:44	29.87	2:34:24	5:10	5	17:00	16	23:51	
VP6 - Ruderclub	4.06	23:05	5:41	5	4:58	24	4:58	33.93	2:57:29	5:13	5	21:58	15	28:46	
VP7 - Grenzturm	4.75	25:06	5:17	4	2:37	15	3:23	38.68	3:22:35	5:14	5	24:35	14	32:09	
VP8 - Schönwald	7.52	40:04	5:19	4	4:14	11	4:14	46.20	4:02:39	5:15	5	28:49	15	35:59	
VP9 - Falkenseer	5.76	31:35	5:28	3	3:15	9	3:15	51.96	4:34:14	5:16	4	32:04	15	38:46	
VP10 - Karolinenl	6.54	35:07	5:22	3	2:23	6	2:55	58.50	5:09:21	5:17	4	34:24	14	41:41	
VP11 - Pagel & Fi	4.90	27:34	5:37	6	2:30	15	4:31	63.40	5:36:55	5:18	4	36:23	14	46:12	
VP12 - Schloss S	7.62	42:52	5:37	4	3:04	11	5:59	71.02	6:19:47	5:20	4	33:45	11	52:11	
VP13 - Revierförs	6.21	34:22	5:32	3	1:53	7	5:32	77.23	6:54:09	5:21	4	35:38	11	57:43	
VP14 - Brauhaus	6.00	32:56	5:29	5	3:17	11	4:23	83.23	7:27:05	5:22	4	37:12	9	1:02:06	
VP15 - Gedenkst.	6.90	39:31	5:43	4	4:18	15	6:36	90.13	8:06:36	5:23	4	39:20	10	1:08:42	
VP16 - Königswe	6.87	40:19	5:52	1	-	5	5:34	97.00	8:46:55	5:25	4	32:46	10	1:14:16	
VP17 - Sportplatz	6.20	37:17	6:00	2	0:47	8	3:32	103.20	9:24:12	5:28	4	32:33	8	1:17:48	
VP18 - Osdorfer	6.50	38:10	5:52	4	3:43	9	3:43	109.70	10:02:22	5:29	4	32:40	8	1:19:14	
VP19 - Lichtenra	5.70	39:46	6:58	3	5:36	13	5:36	115.40	10:42:08	5:33	4	29:01	9	1:23:03	
VP20 - Kirchhain	4.37	24:15	5:32	4	1:33	13	5:25	119.77	11:06:23	5:33	4	29:11	9	1:28:28	
VP21 - Buckow	6.43	39:41	6:10	3	4:31	14	6:05	126.20	11:46:04	5:35	4	29:05	9	1:34:33	
VP22 - Rudow	4.90	31:59	6:31	3	5:00	13	6:00	131.10	12:18:03	5:37	4	30:04	10	1:40:33	
VP23 - Johannistl	5.90	38:42	6:33	3	6:37	15	7:07	137.00	12:56:45	5:40	4	36:41	11	1:47:40	
VP24 - Dammwe	5.70	38:21	6:43	3	7:10	13	7:10	142.70	13:35:06	5:42	4	43:51	11	1:54:21	
VP25 - East Side	5.80	44:50	7:43	3	5:59	13	7:53	148.50	14:19:56	5:47	4	49:50	11	1:59:43	
VP26 - Checkpoir	5.28	32:19	6:07	6	10:10	27	10:46	153.78	14:52:15	5:48	4	1:00:00	12	2:07:59	
VP27 - Gedenkst.	3.32	33:02	9:56	6	8:25	26	8:25	157.10	15:25:17	5:53	4	1:08:25	12	2:14:14	
Friedrich-Ludwig	4.60	35:07	7:38	7	9:46	42	10:55	161.70	16:00:24	5:56	4	1:18:11	12	2:20:28	