



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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**DENNIS, Ron**

□□: VfB Salzkotten

□□: 184

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 21:36:07

□□: 7.45 km/h

□□□□: 8:01 min/km

□□□□□/□□□: 153 (of 459)

□□□□□/□: 76 (of 302)

□□□□□□: 13:39:56

□□□□□: 28(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	44:58	6:28	45	11:34	130	13:57	6.94	44:58	6:28	45	11:34	130	13:57
VP2 - Laufftreff Li	5.69	36:39	6:26	37	9:24	107	12:34	12.63	1:21:37	6:27	43	20:58	125	26:31
VP3 - Oranienbur	5.74	34:59	6:05	41	9:10	117	10:53	18.37	1:56:36	6:20	43	30:08	125	37:24
VP4 - Naturschut	4.70	31:54	6:47	30	6:47	92	9:28	23.07	2:28:30	6:26	39	36:55	113	46:52
VP5 - Frohnau	6.80	42:50	6:17	37	9:36	106	13:55	29.87	3:11:20	6:24	36	45:32	108	1:00:47
VP6 - Ruderclub	4.06	28:01	6:54	25	6:32	80	9:54	33.93	3:39:21	6:27	33	52:04	98	1:10:38
VP7 - Grenzturm	4.75	30:25	6:24	24	6:21	77	8:42	38.68	4:09:46	6:27	32	58:25	93	1:19:20
VP8 - Schönwald	7.52	46:51	6:13	20	7:24	63	11:01	46.20	4:56:37	6:25	29	1:04:57	88	1:29:57
VP9 - Falkenseer	5.76	39:47	6:54	21	7:23	66	11:27	51.96	5:36:24	6:28	26	1:12:15	83	1:40:56
VP10 - Karolinenl	6.54	47:21	7:14	31	12:17	93	15:09	58.50	6:23:45	6:33	26	1:23:35	83	1:56:05
VP11 - Pagel & Fi	4.90	33:04	6:44	17	5:10	54	10:01	63.40	6:56:49	6:34	24	1:28:45	80	2:06:06
VP12 - Schloss S	7.62	54:01	7:05	22	10:30	57	17:08	71.02	7:50:50	6:37	22	1:35:50	74	2:23:14
VP13 - Revierförs	6.21	45:05	7:15	25	9:20	72	16:15	77.23	8:35:55	6:40	24	1:42:55	73	2:39:29
VP14 - Brauhaus	6.00	41:48	6:57	26	8:47	75	13:15	83.23	9:17:43	6:42	24	1:50:38	72	2:52:44
VP15 - Gedenkst.	6.90	45:51	6:38	17	6:17	48	12:56	90.13	10:03:34	6:41	23	1:56:25	70	3:05:40
VP16 - Königswe	6.87	53:28	7:46	18	11:49	53	18:43	97.00	10:57:02	6:46	26	2:04:32	74	3:24:23
VP17 - Sportplatz	6.20	58:50	9:29	23	21:03	74	25:05	103.20	11:55:52	6:56	29	2:20:43	76	3:49:28
VP18 - Osdorfer	6.50	54:02	8:18	30	16:13	93	19:35	109.70	12:49:54	7:01	26	2:31:50	71	4:06:46
VP19 - Lichtenra	5.70	52:21	9:11	30	14:27	83	18:11	115.40	13:42:15	7:07	26	2:41:08	70	4:23:10
VP20 - Kirchhain	4.37	36:45	8:24	34	14:54	104	17:55	119.77	14:19:00	7:10	25	2:54:53	70	4:41:05
VP21 - Buckow	6.43	57:05	8:52	32	22:01	109	23:29	126.20	15:16:05	7:15	26	3:14:18	70	5:04:34
VP22 - Rudow	4.90	43:50	8:56	29	13:37	79	17:51	131.10	15:59:55	7:19	27	3:27:55	72	5:22:25
VP23 - Johannistf	5.90	58:36	9:55	40	23:34	117	27:01	137.00	16:58:31	7:26	27	3:51:29	71	5:49:26
VP24 - Dammwe	5.70	-	-	62	-	219	-	142.70	16:58:31	7:08	20	3:17:13	54	5:17:46
VP25 - East Side	5.80	2:11:06	22:36	62	1:30:35	218	1:34:09	148.50	19:09:37	7:44	29	4:47:48	77	6:49:24
VP26 - Checkpoir	5.28	43:16	8:11	36	18:13	123	21:43	153.78	19:52:53	7:45	28	5:06:01	76	7:08:37
VP27 - Gedenkst.	3.32	54:00	16:15	52	26:32	177	29:23	157.10	20:46:53	7:56	29	5:28:32	77	7:35:50
Friedrich-Ludwig	4.60	49:14	10:42	45	19:45	143	25:02	161.70	21:36:07	8:00	28	5:48:13	76	7:56:11