



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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MONTESI, Paolo

□□□: 28:30:28

□□: Rimini Marathon

□□: 5.65 km/h

□□: 188

□□□□: 10:34 min/km

□□: 161.70 km

□□□□□/□□□□: 318 (of 459)

100MeilenBerlin

□□□□□/□: 197 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 61(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	41:58	6:02	21	8:34	73	10:57	6.94	41:58	6:02	21	8:34	73	10:57
VP2 - Laufftreff Li	5.69	36:54	6:29	39	9:39	116	12:49	12.63	1:18:52	6:14	33	18:13	99	23:46
VP3 - Oranienbur	5.74	36:58	6:26	54	11:09	149	12:52	18.37	1:55:50	6:18	39	29:22	114	36:38
VP4 - Naturschut	4.70	33:35	7:08	42	8:28	121	11:09	23.07	2:29:25	6:28	41	37:50	117	47:47
VP5 - Frohnau	6.80	46:58	6:54	58	13:44	172	18:03	29.87	3:16:23	6:34	45	50:35	130	1:05:50
VP6 - Ruderclub	4.06	32:46	8:04	50	11:17	152	14:39	33.93	3:49:09	6:45	46	1:01:52	134	1:20:26
VP7 - Grenzturm	4.75	34:27	7:15	55	10:23	160	12:44	38.68	4:23:36	6:48	47	1:12:15	135	1:33:10
VP8 - Schönwald	7.52	56:53	7:33	63	17:26	190	21:03	46.20	5:20:29	6:56	50	1:28:49	142	1:53:49
VP9 - Falkenseer	5.76	47:51	8:18	53	15:27	164	19:31	51.96	6:08:20	7:05	53	1:44:11	149	2:12:52
VP10 - Karolinenl	6.54	57:51	8:50	66	22:47	204	25:39	58.50	7:06:11	7:17	54	2:06:01	154	2:38:31
VP11 - Pagel & Fi	4.90	44:14	9:01	62	16:20	189	21:11	63.40	7:50:25	7:25	54	2:22:21	157	2:59:42
VP12 - Schloss S	7.62	1:08:34	8:59	44	25:03	143	31:41	71.02	8:58:59	7:35	53	2:43:59	159	3:31:23
VP13 - Revierförs	6.21	51:12	8:14	47	15:27	141	22:22	77.23	9:50:11	7:38	54	2:57:11	155	3:53:45
VP14 - Brauhaus	6.00	49:09	8:11	51	16:08	149	20:36	83.23	10:39:20	7:40	53	3:12:15	153	4:14:21
VP15 - Gedenkst.	6.90	51:22	7:26	36	11:48	103	18:27	90.13	11:30:42	7:39	51	3:23:33	148	4:32:48
VP16 - Königswe	6.87	1:11:37	10:25	57	29:58	176	36:52	97.00	12:42:19	7:51	51	3:49:49	155	5:09:40
VP17 - Sportplatz	6.20	1:02:26	10:04	29	24:39	92	28:41	103.20	13:44:45	7:59	48	4:09:36	141	5:38:21
VP18 - Osdorfer	6.50	1:05:15	10:02	49	27:26	159	30:48	109.70	14:50:00	8:06	48	4:31:56	147	6:06:52
VP19 - Lichtenrav	5.70	1:15:14	13:11	67	37:20	215	41:04	115.40	16:05:14	8:21	51	5:04:07	155	6:46:09
VP20 - Kirchhain	4.37	50:20	11:31	61	28:29	195	31:30	119.77	16:55:34	8:28	52	5:31:27	158	7:17:39
VP21 - Buckow	6.43	1:31:29	14:13	67	56:25	221	57:53	126.20	18:27:03	8:46	55	6:25:16	171	8:15:32
VP22 - Rudow	4.90	1:02:30	12:45	59	32:17	189	36:31	131.10	19:29:33	8:55	57	6:57:33	173	8:52:03
VP23 - Johannistf	5.90	2:09:41	21:58	63	1:34:39	222	1:38:06	137.00	21:39:14	9:29	58	8:32:12	182	10:30:09
VP24 - Dammwe	5.70	1:22:47	14:31	59	48:31	210	51:36	142.70	23:02:01	9:41	58	9:20:43	181	11:21:16
VP25 - East Side	5.80	1:48:21	18:40	60	1:07:50	216	1:11:24	148.50	24:50:22	10:02	58	10:28:33	186	12:30:09
VP26 - Checkpoir	5.28	1:18:33	14:52	62	53:30	218	57:00	153.78	26:08:55	10:12	60	11:22:03	190	13:24:39
VP27 - Gedenkst.	3.32	1:09:30	20:56	61	42:02	213	44:53	157.10	27:18:25	10:25	61	12:00:04	193	14:07:22
Friedrich-Ludwig	4.60	1:12:03	15:39	61	42:34	214	47:51	161.70	28:30:28	10:34	61	12:42:34	197	14:50:32