



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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BANDOWSKI, Dirk

□□□: 20:30:33

□□: LG Kaufungen

□□: 7.85 km/h

□□: 193

□□□□: 7:37 min/km

□□: 161.70 km

□□□□□/□□□: 133 (of 459)

100MeilenBerlin

□□□□□/□: 61 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 22(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	42:11	6:04	24	8:47	81	11:10	6.94	42:11	6:04	24	8:47	81	11:10
VP2 - Laufftreff Li	5.69	36:02	6:19	33	8:47	97	11:57	12.63	1:18:13	6:11	30	17:34	93	23:07
VP3 - Oranienbur	5.74	34:56	6:05	40	9:07	115	10:50	18.37	1:53:09	6:09	31	26:41	94	33:57
VP4 - Naturschut	4.70	32:47	6:58	36	7:40	108	10:21	23.07	2:25:56	6:19	34	34:21	100	44:18
VP5 - Frohnau	6.80	42:25	6:14	31	9:11	91	13:30	29.87	3:08:21	6:18	31	42:33	95	57:48
VP6 - Ruderclub	4.06	27:12	6:41	19	5:43	62	9:05	33.93	3:35:33	6:21	29	48:16	88	1:06:50
VP7 - Grenzturm	4.75	31:36	6:39	33	7:32	98	9:53	38.68	4:07:09	6:23	27	55:48	86	1:16:43
VP8 - Schönwald	7.52	50:55	6:46	42	11:28	124	15:05	46.20	4:58:04	6:27	31	1:06:24	91	1:31:24
VP9 - Falkenseer	5.76	39:54	6:55	23	7:30	68	11:34	51.96	5:37:58	6:30	29	1:13:49	88	1:42:30
VP10 - Karolinenl	6.54	47:59	7:20	33	12:55	102	15:47	58.50	6:25:57	6:35	28	1:25:47	86	1:58:17
VP11 - Pagel & Fi	4.90	32:38	6:39	15	4:44	51	9:35	63.40	6:58:35	6:36	27	1:30:31	84	2:07:52
VP12 - Schloss S	7.62	53:17	6:59	19	9:46	50	16:24	71.02	7:51:52	6:38	25	1:36:52	77	2:24:16
VP13 - Revierförs	6.21	43:10	6:57	16	7:25	49	14:20	77.23	8:35:02	6:40	23	1:42:02	71	2:38:36
VP14 - Brauhaus	6.00	40:05	6:40	17	7:04	51	11:32	83.23	9:15:07	6:40	22	1:48:02	69	2:50:08
VP15 - Gedenkst.	6.90	45:20	6:34	16	5:46	46	12:25	90.13	10:00:27	6:39	22	1:53:18	67	3:02:33
VP16 - Königswe	6.87	52:09	7:35	13	10:30	44	17:24	97.00	10:52:36	6:43	22	2:00:06	67	3:19:57
VP17 - Sportplatz	6.20	-	-	69		239		103.20	10:52:36	6:19	8	1:17:27	34	2:46:12
VP18 - Osdorfer	6.50	2:09:18	19:53	72	1:31:29	246	1:34:51	109.70	13:01:54	7:07	27	2:43:50	73	4:18:46
VP19 - Lichtenra	5.70	47:32	8:20	16	9:38	52	13:22	115.40	13:49:26	7:11	27	2:48:19	73	4:30:21
VP20 - Kirchhain	4.37	29:53	6:50	10	8:02	40	11:03	119.77	14:19:19	7:10	27	2:55:12	72	4:41:24
VP21 - Buckow	6.43	49:58	7:46	17	14:54	54	16:22	126.20	15:09:17	7:12	24	3:07:30	68	4:57:46
VP22 - Rudow	4.90	41:34	8:28	17	11:21	57	15:35	131.10	15:50:51	7:15	24	3:18:51	65	5:13:21
VP23 - Johannistl	5.90	49:54	8:27	19	14:52	58	18:19	137.00	16:40:45	7:18	24	3:33:43	64	5:31:40
VP24 - Dammwe	5.70	49:31	8:41	17	15:15	51	18:20	142.70	17:30:16	7:21	23	3:48:58	63	5:49:31
VP25 - East Side	5.80	56:43	9:46	19	16:12	51	19:46	148.50	18:26:59	7:27	23	4:05:10	62	6:06:46
VP26 - Checkpoir	5.28	35:09	6:39	12	10:06	42	13:36	153.78	19:02:08	7:25	22	4:15:16	61	6:17:52
VP27 - Gedenkst.	3.32	51:18	15:27	44	23:50	154	26:41	157.10	19:53:26	7:35	23	4:35:05	62	6:42:23
Friedrich-Ludwig	4.60	37:07	8:04	18	7:38	55	12:55	161.70	20:30:33	7:36	22	4:42:39	61	6:50:37