



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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ZIETLOW, Hans-Uwe

□□□: 27:24:24

□□: LG Ultralauf

□□: 5.87 km/h

□□: 225

□□□□: 10:10 min/km

□□: 161.70 km

□□□□□/□□□: 296 (of 459)

100MeilenBerlin

□□□□□/□: 182 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 1(of 3)

Senioren M70 (70-74 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	49:25	7:07	1	-	211	18:24	6.94	49:25	7:07	1	-	211	18:24
VP2 - Lauftreff Li	5.69	44:13	7:46	2	0:23	243	20:08	12.63	1:33:38	7:24	1	-	228	38:32
VP3 - Oranienbur	5.74	42:24	7:23	1	-	236	18:18	18.37	2:16:02	7:24	1	-	235	56:50
VP4 - Naturschut	4.70	41:19	8:47	2	2:23	243	18:53	23.07	2:57:21	7:41	1	-	235	1:15:43
VP5 - Frohnau	6.80	49:16	7:14	1	-	205	20:21	29.87	3:46:37	7:35	1	-	226	1:36:04
VP6 - Ruderclub	4.06	35:53	8:50	1	-	190	17:46	33.93	4:22:30	7:44	1	-	222	1:53:47
VP7 - Grenzturm	4.75	38:19	8:04	1	-	219	16:36	38.68	5:00:49	7:46	1	-	223	2:10:23
VP8 - Schönwald	7.52	1:00:59	8:06	1	-	220	25:09	46.20	6:01:48	7:49	1	-	221	2:35:08
VP9 - Falkenseer	5.76	54:34	9:28	2	2:41	230	26:14	51.96	6:56:22	8:00	1	-	225	3:00:54
VP10 - Karolinenl	6.54	57:49	8:50	1	-	203	25:37	58.50	7:54:11	8:06	1	-	220	3:26:31
VP11 - Pagel & Fi	4.90	45:06	9:12	1	-	202	22:03	63.40	8:39:17	8:11	1	-	218	3:48:34
VP12 - Schloss S	7.62	1:23:46	10:59	2	1:09	223	46:53	71.02	10:03:03	8:29	1	-	224	4:35:27
VP13 - Revierförs	6.21	58:08	9:21	1	-	206	29:18	77.23	11:01:11	8:33	1	-	221	5:04:45
VP14 - Brauhaus	6.00	1:00:36	10:05	2	1:34	235	32:03	83.23	12:01:47	8:40	1	-	223	5:36:48
VP15 - Gedenkst.	6.90	1:04:14	9:18	1	-	202	31:19	90.13	13:06:01	8:43	1	-	220	6:08:07
VP16 - Königswe	6.87	1:13:44	10:43	1	-	185	38:59	97.00	14:19:45	8:51	1	-	218	6:47:06
VP17 - Sportplatz	6.20	-	-	2	-	239	-	103.20	14:19:45	8:19	1	-	168	6:13:21
VP18 - Osdorfer	6.50	2:41:56	24:54	3	1:30:37	251	2:07:29	109.70	17:01:41	9:18	1	-	208	8:18:33
VP19 - Lichtenrav	5.70	1:08:02	11:56	1	-	180	33:52	115.40	18:09:43	9:26	1	-	199	8:50:38
VP20 - Kirchhain	4.37	46:16	10:35	1	-	178	27:26	119.77	18:55:59	9:29	1	-	194	9:18:04
VP21 - Buckow	6.43	1:17:01	11:58	1	-	187	43:25	126.20	20:13:00	9:36	1	-	192	10:01:29
VP22 - Rudow	4.90	1:00:37	12:22	2	0:13	183	34:38	131.10	21:13:37	9:42	1	-	191	10:36:07
VP23 - Johannistf	5.90	1:07:52	11:30	1	-	162	36:17	137.00	22:21:29	9:47	1	-	188	11:12:24
VP24 - Dammwe	5.70	1:10:11	12:18	2	4:40	181	39:00	142.70	23:31:40	9:53	1	-	186	11:50:55
VP25 - East Side	5.80	1:16:04	13:06	1	-	168	39:07	148.50	24:47:44	10:01	1	-	185	12:27:31
VP26 - Checkpoir	5.28	49:10	9:18	1	-	166	27:37	153.78	25:36:54	9:59	1	-	183	12:52:38
VP27 - Gedenkst.	3.32	54:00	16:15	2	0:15	177	29:23	157.10	26:30:54	10:07	1	-	183	13:19:51
Friedrich-Ludwig	4.60	53:30	11:37	1	-	166	29:18	161.70	27:24:24	10:10	1	-	182	13:44:28