



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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FLICK, Markus

□□: SF Ennepetal

□□: 228

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 19:04:03

□□: 8.44 km/h

□□□□: 7:04 min/km

□□□□□/□□□□: 93 (of 459)

□□□□□/□: 34 (of 302)

□□□□□□: 13:39:56

□□□□□: 8(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	41:55	6:02	20	8:31	71	10:54	6.94	41:55	6:02	20	8:31	71	10:54
VP2 - Laufftreff Li	5.69	35:04	6:09	24	7:49	77	10:59	12.63	1:16:59	6:05	20	16:20	73	21:53
VP3 - Oranienbur	5.74	33:39	5:51	28	7:50	84	9:33	18.37	1:50:38	6:01	25	24:10	78	31:26
VP4 - Naturschut	4.70	30:20	6:27	19	5:13	61	7:54	23.07	2:20:58	6:06	24	29:23	75	39:20
VP5 - Frohnau	6.80	43:25	6:23	41	10:11	116	14:30	29.87	3:04:23	6:10	24	38:35	80	53:50
VP6 - Ruderclub	4.06	27:20	6:43	20	5:51	64	9:13	33.93	3:31:43	6:14	23	44:26	75	1:03:00
VP7 - Grenzturm	4.75	31:09	6:33	31	7:05	94	9:26	38.68	4:02:52	6:16	22	51:31	74	1:12:26
VP8 - Schönwald	7.52	49:30	6:34	32	10:03	94	13:40	46.20	4:52:22	6:19	24	1:00:42	78	1:25:42
VP9 - Falkenseer	5.76	43:56	7:37	40	11:32	116	15:36	51.96	5:36:18	6:28	25	1:12:09	81	1:40:50
VP10 - Karolinenl	6.54	52:20	8:00	50	17:16	156	20:08	58.50	6:28:38	6:38	29	1:28:28	91	2:00:58
VP11 - Pagel & Fi	4.90	37:22	7:37	40	9:28	114	14:19	63.40	7:06:00	6:43	33	1:37:56	97	2:15:17
VP12 - Schloss S	7.62	49:17	6:28	6	5:46	29	12:24	71.02	7:55:17	6:41	27	1:40:17	80	2:27:41
VP13 - Revierförs	6.21	42:57	6:54	14	7:12	43	14:07	77.23	8:38:14	6:42	27	1:45:14	78	2:41:48
VP14 - Brauhaus	6.00	40:37	6:46	19	7:36	58	12:04	83.23	9:18:51	6:42	26	1:51:46	74	2:53:52
VP15 - Gedenkst.	6.90	44:44	6:28	13	5:10	42	11:49	90.13	10:03:35	6:41	24	1:56:26	71	3:05:41
VP16 - Königswe	6.87	52:37	7:39	14	10:58	46	17:52	97.00	10:56:12	6:45	23	2:03:42	70	3:23:33
VP17 - Sportplatz	6.20	56:29	9:06	17	18:42	61	22:44	103.20	11:52:41	6:54	26	2:17:32	73	3:46:17
VP18 - Osdorfer	6.50	46:21	7:07	10	8:32	38	11:54	109.70	12:39:02	6:55	23	2:20:58	63	3:55:54
VP19 - Lichtenra	5.70	42:58	7:32	5	5:04	23	8:48	115.40	13:22:00	6:56	21	2:20:53	60	4:02:55
VP20 - Kirchhain	4.37	26:25	6:02	4	4:34	17	7:35	119.77	13:48:25	6:55	18	2:24:18	55	4:10:30
VP21 - Buckow	6.43	43:20	6:44	6	8:16	27	9:44	126.20	14:31:45	6:54	17	2:29:58	50	4:20:14
VP22 - Rudow	4.90	34:57	7:07	5	4:44	23	8:58	131.10	15:06:42	6:54	14	2:34:42	45	4:29:12
VP23 - Johannistl	5.90	43:35	7:23	8	8:33	30	12:00	137.00	15:50:17	6:56	13	2:43:15	43	4:41:12
VP24 - Dammwe	5.70	44:17	7:46	9	10:01	29	13:06	142.70	16:34:34	6:58	11	2:53:16	39	4:53:49
VP25 - East Side	5.80	50:39	8:43	8	10:08	30	13:42	148.50	17:25:13	7:02	9	3:03:24	37	5:05:00
VP26 - Checkpoir	5.28	32:45	6:12	9	7:42	33	11:12	153.78	17:57:58	7:00	8	3:11:06	34	5:13:42
VP27 - Gedenkst.	3.32	32:59	9:56	6	5:31	25	8:22	157.10	18:30:57	7:04	8	3:12:36	34	5:19:54
Friedrich-Ludwig	4.60	33:06	7:11	9	3:37	31	8:54	161.70	19:04:03	7:04	8	3:16:09	34	5:24:07