



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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LANG, Adi

□□: LG-Marathon-Vohburg

□□: 253

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 21:18:45

□□: 7.59 km/h

□□□□: 7:54 min/km

□□□□□/□□□□: 148 (of 459)

□□□□□/□: 73 (of 302)

□□□□□□: 13:39:56

□□□□□: 13(of 58)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	41:09	5:55	13	7:43	61	10:08	6.94	41:09	5:55	13	7:43	61	10:08
VP2 - Lauftreff Li	5.69	33:34	5:53	9	5:53	45	9:29	12.63	1:14:43	5:54	13	13:36	53	19:37
VP3 - Oranienbur	5.74	32:29	5:39	10	5:20	57	8:23	18.37	1:47:12	5:50	13	18:56	55	28:00
VP4 - Naturschut	4.70	30:43	6:32	14	5:21	71	8:17	23.07	2:17:55	5:58	13	24:17	56	36:17
VP5 - Frohnau	6.80	41:34	6:06	16	7:46	80	12:39	29.87	2:59:29	6:00	14	32:03	65	48:56
VP6 - Ruderclub	4.06	27:37	6:48	18	6:13	67	9:30	33.93	3:27:06	6:06	14	37:32	62	58:23
VP7 - Grenzturm	4.75	30:46	6:28	18	6:38	86	9:03	38.68	3:57:52	6:08	14	43:51	63	1:07:26
VP8 - Schönwald	7.52	49:45	6:36	21	10:34	102	13:55	46.20	4:47:37	6:13	15	50:35	67	1:20:57
VP9 - Falkenseer	5.76	38:59	6:46	13	7:36	60	10:39	51.96	5:26:36	6:17	15	57:59	67	1:31:08
VP10 - Karolinenl	6.54	46:54	7:10	16	12:13	86	14:42	58.50	6:13:30	6:23	16	1:07:50	66	1:45:50
VP11 - Pagel & Fi	4.90	35:54	7:19	20	8:58	96	12:51	63.40	6:49:24	6:27	15	1:14:50	67	1:58:41
VP12 - Schloss S	7.62	56:10	7:22	14	15:07	71	19:17	71.02	7:45:34	6:33	16	1:27:09	67	2:17:58
VP13 - Revierförs	6.21	49:32	7:58	26	14:16	125	20:42	77.23	8:35:06	6:40	17	1:41:07	72	2:38:40
VP14 - Brauhaus	6.00	40:29	6:44	8	8:09	55	11:56	83.23	9:15:35	6:40	16	1:44:41	70	2:50:36
VP15 - Gedenkst.	6.90	48:50	7:04	13	10:32	74	15:55	90.13	10:04:25	6:42	16	1:54:50	74	3:06:31
VP16 - Königswe	6.87	52:23	7:37	9	8:56	45	17:38	97.00	10:56:48	6:46	16	2:02:31	73	3:24:09
VP17 - Sportplatz	6.20	1:21:24	13:07	39	43:33	177	47:39	103.20	12:18:12	7:09	16	2:46:04	83	4:11:48
VP18 - Osdorfer	6.50	52:26	8:03	19	14:33	80	17:59	109.70	13:10:38	7:12	16	3:00:37	80	4:27:30
VP19 - Lichtenra	5.70	52:34	9:13	15	13:09	87	18:24	115.40	14:03:12	7:18	16	3:13:46	81	4:44:07
VP20 - Kirchhain	4.37	29:18	6:42	8	5:30	35	10:28	119.77	14:32:30	7:17	15	3:19:16	78	4:54:35
VP21 - Buckow	6.43	50:04	7:47	11	13:37	57	16:28	126.20	15:22:34	7:18	15	3:32:53	77	5:11:03
VP22 - Rudow	4.90	47:00	9:35	27	16:57	115	21:01	131.10	16:09:34	7:23	14	3:49:50	77	5:32:04
VP23 - Johannistl	5.90	55:44	9:26	22	20:22	94	24:09	137.00	17:05:18	7:29	14	4:10:12	75	5:56:13
VP24 - Dammwe	5.70	53:45	9:25	19	18:47	88	22:34	142.70	17:59:03	7:33	14	4:28:59	72	6:18:18
VP25 - East Side	5.80	1:04:56	11:11	26	25:18	110	27:59	148.50	19:03:59	7:42	14	4:54:17	74	6:43:46
VP26 - Checkpoir	5.28	42:39	8:04	27	17:47	115	21:06	153.78	19:46:38	7:42	14	5:12:04	75	7:02:22
VP27 - Gedenkst.	3.32	43:56	13:13	19	17:26	90	19:19	157.10	20:30:34	7:49	14	5:29:30	74	7:19:31
Friedrich-Ludwig	4.60	48:11	10:28	31	20:26	133	23:59	161.70	21:18:45	7:54	13	5:45:49	73	7:38:49