



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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FANSLAU, Thomas

□□□: 19:30:44

□□: (ohne)

□□: 8.25 km/h

□□: 290

□□□□: 7:14 min/km

□□: 161.70 km

□□□□□/□□□: 103 (of 459)

100MeilenBerlin

□□□□□/□: 42 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 14(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	42:12	6:04	25	8:48	83	11:11	6.94	42:12	6:04	25	8:48	83	11:11	
VP2 - Lauftreff Li	5.69	34:57	6:08	23	7:42	73	10:52	12.63	1:17:09	6:06	21	16:30	74	22:03	
VP3 - Oranienbur	5.74	31:54	5:33	12	6:05	47	7:48	18.37	1:49:03	5:56	18	22:35	61	29:51	
VP4 - Naturschut	4.70	30:13	6:25	18	5:06	57	7:47	23.07	2:19:16	6:02	18	27:41	61	37:38	
VP5 - Frohnau	6.80	40:07	5:53	17	6:53	61	11:12	29.87	2:59:23	6:00	20	33:35	63	48:50	
VP6 - Ruderclub	4.06	32:16	7:56	46	10:47	143	14:09	33.93	3:31:39	6:14	22	44:22	74	1:02:56	
VP7 - Grenzturm	4.75	28:17	5:57	11	4:13	43	6:34	38.68	3:59:56	6:12	20	48:35	66	1:09:30	
VP8 - Schönwald	7.52	44:10	5:52	9	4:43	35	8:20	46.20	4:44:06	6:08	20	52:26	63	1:17:26	
VP9 - Falkenseer	5.76	37:29	6:30	17	5:05	52	9:09	51.96	5:21:35	6:11	19	57:26	61	1:26:07	
VP10 - Karolinenl	6.54	45:39	6:58	24	10:35	73	13:27	58.50	6:07:14	6:16	19	1:07:04	61	1:39:34	
VP11 - Pagel & Fi	4.90	32:25	6:36	13	4:31	48	9:22	63.40	6:39:39	6:18	19	1:11:35	60	1:48:56	
VP12 - Schloss S	7.62	1:01:57	8:07	35	18:26	105	25:04	71.02	7:41:36	6:29	19	1:26:36	64	2:14:00	
VP13 - Revierförs	6.21	41:09	6:37	7	5:24	31	12:19	77.23	8:22:45	6:30	19	1:29:45	62	2:26:19	
VP14 - Brauhaus	6.00	39:42	6:37	16	6:41	46	11:09	83.23	9:02:27	6:31	19	1:35:22	61	2:37:28	
VP15 - Gedenkst.	6.90	45:07	6:32	15	5:33	45	12:12	90.13	9:47:34	6:31	18	1:40:25	58	2:49:40	
VP16 - Königswe	6.87	56:12	8:10	26	14:33	76	21:27	97.00	10:43:46	6:38	19	1:51:16	58	3:11:07	
VP17 - Sportplatz	6.20	41:45	6:44	2	3:58	15	8:00	103.20	11:25:31	6:38	14	1:50:22	48	3:19:07	
VP18 - Osdorfer	6.50	58:02	8:55	40	20:13	129	23:35	109.70	12:23:33	6:46	14	2:05:29	50	3:40:25	
VP19 - Lichtenra	5.70	46:44	8:11	14	8:50	43	12:34	115.40	13:10:17	6:50	14	2:09:10	48	3:51:12	
VP20 - Kirchhain	4.37	29:36	6:46	9	7:45	37	10:46	119.77	13:39:53	6:50	14	2:15:46	46	4:01:58	
VP21 - Buckow	6.43	47:10	7:20	12	12:06	40	13:34	126.20	14:27:03	6:52	13	2:25:16	44	4:15:32	
VP22 - Rudow	4.90	37:27	7:38	9	7:14	34	11:28	131.10	15:04:30	6:53	11	2:32:30	41	4:27:00	
VP23 - Johannistl	5.90	46:44	7:55	12	11:42	42	15:09	137.00	15:51:14	6:56	14	2:44:12	44	4:42:09	
VP24 - Dammwe	5.70	52:44	9:15	26	18:28	81	21:33	142.70	16:43:58	7:02	15	3:02:40	45	5:03:13	
VP25 - East Side	5.80	57:58	9:59	20	17:27	58	21:01	148.50	17:41:56	7:09	16	3:20:07	46	5:21:43	
VP26 - Checkpoir	5.28	33:43	6:23	10	8:40	36	12:10	153.78	18:15:39	7:07	15	3:28:47	44	5:31:23	
VP27 - Gedenkst.	3.32	35:10	10:35	10	7:42	34	10:33	157.10	18:50:49	7:11	14	3:32:28	43	5:39:46	
Friedrich-Ludwig	4.60	39:55	8:40	24	10:26	76	15:43	161.70	19:30:44	7:14	14	3:42:50	42	5:50:48	