



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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SANDROCK, Arno

□□□: 23:35:19

□□: (ohne)

□□: 6.83 km/h

□□: 291

□□□□: 8:45 min/km

□□: 161.70 km

□□□□□/□□□: 233 (of 459)

100MeilenBerlin

□□□□□/□: 140 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 29(of 58)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	43:59	6:20	21	10:33	118	12:58	6.94	43:59	6:20	21	10:33	118	12:58
VP2 - Laufftreff Li	5.69	37:14	6:32	25	9:33	124	13:09	12.63	1:21:13	6:25	22	20:06	117	26:07
VP3 - Oranienbur	5.74	34:48	6:03	22	7:39	111	10:42	18.37	1:56:01	6:18	22	27:45	118	36:49
VP4 - Naturschut	4.70	36:35	7:47	35	11:13	178	14:09	23.07	2:32:36	6:36	28	38:58	135	50:58
VP5 - Frohnau	6.80	43:21	6:22	23	9:33	115	14:26	29.87	3:15:57	6:33	25	48:31	127	1:05:24
VP6 - Ruderclub	4.06	26:32	6:32	13	5:08	53	8:25	33.93	3:42:29	6:33	21	52:55	109	1:13:46
VP7 - Grenzturm	4.75	34:58	7:21	36	10:50	167	13:15	38.68	4:17:27	6:39	23	1:03:26	116	1:27:01
VP8 - Schönwald	7.52	48:43	6:28	17	9:32	83	12:53	46.20	5:06:10	6:37	22	1:09:08	109	1:39:30
VP9 - Falkenseer	5.76	45:46	7:56	29	14:23	138	17:26	51.96	5:51:56	6:46	23	1:23:19	111	1:56:28
VP10 - Karolinenl	6.54	49:05	7:30	25	14:24	113	16:53	58.50	6:41:01	6:51	24	1:35:21	113	2:13:21
VP11 - Pagel & Fi	4.90	38:14	7:48	25	11:18	127	15:11	63.40	7:19:15	6:55	24	1:44:41	117	2:28:32
VP12 - Schloss S	7.62	1:04:41	8:29	29	23:38	124	27:48	71.02	8:23:56	7:05	26	2:05:31	116	2:56:20
VP13 - Revierförs	6.21	1:01:49	9:57	49	26:33	231	32:59	77.23	9:25:45	7:19	30	2:31:46	129	3:29:19
VP14 - Brauhaus	6.00	54:42	9:07	44	22:22	197	26:09	83.23	10:20:27	7:27	30	2:49:33	132	3:55:28
VP15 - Gedenkst.	6.90	1:11:57	10:25	50	33:39	235	39:02	90.13	11:32:24	7:40	32	3:22:49	149	4:34:30
VP16 - Königswe	6.87	51:07	7:26	6	7:40	36	16:22	97.00	12:23:31	7:39	30	3:29:14	134	4:50:52
VP17 - Sportplatz	6.20	43:20	6:59	3	5:29	19	9:35	103.20	13:06:51	7:37	26	3:34:43	117	5:00:27
VP18 - Osdorfer	6.50	51:17	7:53	14	13:24	72	16:50	109.70	13:58:08	7:38	25	3:48:07	112	5:15:00
VP19 - Lichtenrav	5.70	2:46:59	29:17	52	2:07:34	248	2:12:49	115.40	16:45:07	8:42	39	5:55:41	176	7:26:02
VP20 - Kirchhain	4.37	39:28	9:01	31	15:40	136	20:38	119.77	17:24:35	8:43	39	6:11:21	173	7:46:40
VP21 - Buckow	6.43	41:55	6:31	3	5:28	20	8:19	126.20	18:06:30	8:36	39	6:16:49	168	7:54:59
VP22 - Rudow	4.90	41:02	8:22	11	10:59	52	15:03	131.10	18:47:32	8:36	35	6:27:48	158	8:10:02
VP23 - Johannistl	5.90	54:57	9:18	19	19:35	89	23:22	137.00	19:42:29	8:37	32	6:47:23	150	8:33:24
VP24 - Dammwe	5.70	55:57	9:48	23	20:59	104	24:46	142.70	20:38:26	8:40	31	7:08:22	149	8:57:41
VP25 - East Side	5.80	58:38	10:06	10	19:00	64	21:41	148.50	21:37:04	8:44	32	7:27:22	147	9:16:51
VP26 - Checkpoir	5.28	32:09	6:05	4	7:17	25	10:36	153.78	22:09:13	8:38	29	7:34:39	142	9:24:57
VP27 - Gedenkst.	3.32	38:57	11:43	10	12:27	57	14:20	157.10	22:48:10	8:42	29	7:47:06	141	9:37:07
Friedrich-Ludwig	4.60	47:09	10:15	28	19:24	124	22:57	161.70	23:35:19	8:45	29	8:02:23	140	9:55:23