



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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FENDER, Norbert

□□: 100marathon42.de

□□: 315

□□: 161.70 km

100MeilenBerlin

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Senioren M55 (55-59 Jahre)

□□□: 29:38:35

□□: 5.43 km/h

□□□□: 11:00 min/km

□□□□□/□□□: 344 (of 459)

□□□□□/□: 215 (of 302)

□□□□□□: 13:39:56

□□□□□: 27(of 46)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	50:05	7:12	27	19:04	223	19:04	6.94	50:05	7:12	27	19:04	223	19:04	
VP2 - Laufftreff Li	5.69	42:24	7:27	27	18:19	217	18:19	12.63	1:32:29	7:19	26	37:23	221	37:23	
VP3 - Oranienbur	5.74	42:06	7:20	29	18:00	231	18:00	18.37	2:14:35	7:19	28	55:23	226	55:23	
VP4 - Naturschut	4.70	40:59	8:43	32	18:33	240	18:33	23.07	2:55:34	7:36	27	1:13:56	227	1:13:56	
VP5 - Frohnau	6.80	57:08	8:24	35	28:13	260	28:13	29.87	3:52:42	7:47	32	1:42:09	243	1:42:09	
VP6 - Ruderclub	4.06	40:43	10:01	32	22:33	236	22:36	33.93	4:33:25	8:03	32	2:04:42	247	2:04:42	
VP7 - Grenzturm	4.75	42:17	8:54	33	20:34	251	20:34	38.68	5:15:42	8:09	32	2:25:16	249	2:25:16	
VP8 - Schönwald	7.52	1:07:22	8:57	33	31:08	252	31:32	46.20	6:23:04	8:17	33	2:56:24	250	2:56:24	
VP9 - Falkenseer	5.76	56:01	9:43	30	27:13	236	27:41	51.96	7:19:05	8:27	32	3:23:37	249	3:23:37	
VP10 - Karolinenl	6.54	1:04:10	9:48	30	31:58	238	31:58	58.50	8:23:15	8:36	31	3:55:35	245	3:55:35	
VP11 - Pagel & Fi	4.90	48:33	9:54	27	25:30	224	25:30	63.40	9:11:48	8:42	31	4:21:05	245	4:21:05	
VP12 - Schloss S	7.62	1:29:56	11:48	30	53:03	239	53:03	71.02	10:41:44	9:02	31	5:14:08	244	5:14:08	
VP13 - Revierförs	6.21	1:08:24	11:00	31	39:34	251	39:34	77.23	11:50:08	9:11	31	5:53:42	245	5:53:42	
VP14 - Brauhaus	6.00	59:01	9:50	27	30:28	228	30:28	83.23	12:49:09	9:14	31	6:24:10	245	6:24:10	
VP15 - Gedenkst.	6.90	1:07:22	9:45	27	34:27	220	34:27	90.13	13:56:31	9:16	31	6:58:37	241	6:58:37	
VP16 - Königswe	6.87	1:25:57	12:30	26	51:12	227	51:12	97.00	15:22:28	9:30	31	7:49:49	241	7:49:49	
VP17 - Sportplatz	6.20	1:36:31	15:34	28	1:02:46	207	1:02:46	103.20	16:58:59	9:52	29	8:52:35	233	8:52:35	
VP18 - Osdorfer	6.50	1:15:44	11:39	22	39:00	197	41:17	109.70	18:14:43	9:58	28	9:31:35	230	9:31:35	
VP19 - Lichtenra	5.70	1:19:09	13:53	28	43:12	225	44:59	115.40	19:33:52	10:10	28	10:14:47	229	10:14:47	
VP20 - Kirchhain	4.37	1:00:04	13:44	26	41:14	222	41:14	119.77	20:33:56	10:18	28	10:56:01	227	10:56:01	
VP21 - Buckow	6.43	1:33:14	14:29	28	59:38	222	59:38	126.20	22:07:10	10:30	26	11:55:39	222	11:55:39	
VP22 - Rudow	4.90	1:03:20	12:55	23	37:21	192	37:21	131.10	23:10:30	10:36	26	12:33:00	220	12:33:00	
VP23 - Johannistl	5.90	1:07:05	11:22	20	35:30	161	35:30	137.00	24:17:35	10:38	25	13:08:30	215	13:08:30	
VP24 - Dammwe	5.70	1:08:07	11:57	20	36:27	172	36:56	142.70	25:25:42	10:41	25	13:44:57	212	13:44:57	
VP25 - East Side	5.80	1:21:52	14:06	24	42:24	192	44:55	148.50	26:47:34	10:49	25	14:27:21	212	14:27:21	
VP26 - Checkpoir	5.28	52:06	9:52	22	28:03	186	30:33	153.78	27:39:40	10:47	27	14:55:24	214	14:55:24	
VP27 - Gedenkst.	3.32	56:37	17:03	24	29:50	190	32:00	157.10	28:36:17	10:55	27	15:25:14	215	15:25:14	
Friedrich-Ludwig	4.60	1:02:18	13:32	24	33:25	201	38:06	161.70	29:38:35	10:59	27	15:58:39	215	15:58:39	