



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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IBRON, Alexander

□□□: 23:46:03

□□: Birkesdorfer TV

□□: 6.77 km/h

□□: 318

□□□□: 8:49 min/km

□□: 161.70 km

□□□□□/□□□: 245 (of 459)

100MeilenBerlin

□□□□□/□: 147 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 49(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	44:36	6:25	43	11:12	123	13:35	6.94	44:36	6:25	43	11:12	123	13:35
VP2 - Laufftreff Li	5.69	37:29	6:35	43	10:14	129	13:24	12.63	1:22:05	6:29	46	21:26	130	26:59
VP3 - Oranienbur	5.74	35:56	6:15	44	10:07	128	11:50	18.37	1:58:01	6:25	46	31:33	133	38:49
VP4 - Naturschut	4.70	33:10	7:03	39	8:03	114	10:44	23.07	2:31:11	6:33	45	39:36	124	49:33
VP5 - Frohnau	6.80	44:47	6:35	48	11:33	138	15:52	29.87	3:15:58	6:33	44	50:10	128	1:05:25
VP6 - Ruderclub	4.06	29:43	7:19	36	8:14	110	11:36	33.93	3:45:41	6:39	41	58:24	122	1:16:58
VP7 - Grenzturm	4.75	32:38	6:52	42	8:34	125	10:55	38.68	4:18:19	6:40	40	1:06:58	121	1:27:53
VP8 - Schönwald	7.52	51:54	6:54	48	12:27	140	16:04	46.20	5:10:13	6:42	42	1:18:33	123	1:43:33
VP9 - Falkenseer	5.76	44:15	7:40	41	11:51	119	15:55	51.96	5:54:28	6:49	43	1:30:19	120	1:59:00
VP10 - Karolinenl	6.54	50:48	7:46	43	15:44	135	18:36	58.50	6:45:16	6:55	43	1:45:06	123	2:17:36
VP11 - Pagel & Fi	4.90	41:09	8:23	52	13:15	160	18:06	63.40	7:26:25	7:02	43	1:58:21	132	2:35:42
VP12 - Schloss S	7.62	1:13:11	9:36	57	29:40	177	36:18	71.02	8:39:36	7:18	45	2:24:36	134	3:12:00
VP13 - Revierförs	6.21	55:46	8:58	64	20:01	193	26:56	77.23	9:35:22	7:27	46	2:42:22	137	3:38:56
VP14 - Brauhaus	6.00	55:54	9:18	68	22:53	209	27:21	83.23	10:31:16	7:35	50	3:04:11	147	4:06:17
VP15 - Gedenkst.	6.90	1:03:28	9:11	66	23:54	197	30:33	90.13	11:34:44	7:42	53	3:27:35	152	4:36:50
VP16 - Königswe	6.87	1:14:45	10:52	63	33:06	189	40:00	97.00	12:49:29	7:55	54	3:56:59	162	5:16:50
VP17 - Sportplatz	6.20	1:14:07	11:57	42	36:20	148	40:22	103.20	14:03:36	8:10	52	4:28:27	161	5:57:12
VP18 - Osdorfer	6.50	1:01:50	9:30	45	24:01	146	27:23	109.70	15:05:26	8:15	51	4:47:22	159	6:22:18
VP19 - Lichtenra	5.70	56:45	9:57	45	18:51	127	22:35	115.40	16:02:11	8:20	50	5:01:04	154	6:43:06
VP20 - Kirchhain	4.37	38:48	8:52	44	16:57	131	19:58	119.77	16:40:59	8:21	50	5:16:52	153	7:03:04
VP21 - Buckow	6.43	59:38	9:16	43	24:34	130	26:02	126.20	17:40:37	8:24	49	5:38:50	148	7:29:06
VP22 - Rudow	4.90	53:00	10:48	51	22:47	158	27:01	131.10	18:33:37	8:29	49	6:01:37	148	7:56:07
VP23 - Johannistl	5.90	57:33	9:45	37	22:31	108	25:58	137.00	19:31:10	8:32	49	6:24:08	146	8:22:05
VP24 - Dammwe	5.70	55:29	9:44	32	21:13	102	24:18	142.70	20:26:39	8:35	48	6:45:21	142	8:45:54
VP25 - East Side	5.80	1:04:27	11:06	33	23:56	103	27:30	148.50	21:31:06	8:41	48	7:09:17	140	9:10:53
VP26 - Checkpoir	5.28	39:59	7:34	26	14:56	86	18:26	153.78	22:11:05	8:39	48	7:24:13	144	9:26:49
VP27 - Gedenkst.	3.32	44:06	13:16	26	16:38	93	19:29	157.10	22:55:11	8:45	48	7:36:50	144	9:44:08
Friedrich-Ludwig	4.60	50:52	11:03	47	21:23	154	26:40	161.70	23:46:03	8:49	49	7:58:09	147	10:06:07