



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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LIETZ, Ralf

□□: Wildeshauer Lauftreff

□□: 34

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 23:46:45

□□: 6.80 km/h

□□□□: 8:49 min/km

□□□□□/□□□□: 246 (of 459)

□□□□□/□: 148 (of 302)

□□□□□□: 13:39:56

□□□□□: 16(of 46)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	51:58	7:29	33	20:57	249	20:57	6.94	51:58	7:29	33	20:57	249	20:57
VP2 - Lauftreff Li	5.69	38:08	6:42	11	14:03	141	14:03	12.63	1:30:06	7:08	21	35:00	194	35:00
VP3 - Oranienbur	5.74	38:30	6:42	20	14:24	178	14:24	18.37	2:08:36	7:00	20	49:24	191	49:24
VP4 - Naturschut	4.70	35:36	7:34	18	13:10	163	13:10	23.07	2:44:12	7:07	19	1:02:34	180	1:02:34
VP5 - Frohnau	6.80	47:41	7:00	23	18:46	185	18:46	29.87	3:31:53	7:05	20	1:21:20	181	1:21:20
VP6 - Ruderclub	4.06	32:19	7:57	16	14:09	144	14:12	33.93	4:04:12	7:11	17	1:35:29	173	1:35:29
VP7 - Grenzturm	4.75	36:24	7:39	26	14:41	187	14:41	38.68	4:40:36	7:15	18	1:50:10	174	1:50:10
VP8 - Schönwald	7.52	53:49	7:09	15	17:35	163	17:59	46.20	5:34:25	7:14	17	2:07:45	171	2:07:45
VP9 - Falkenseer	5.76	46:24	8:03	15	17:36	147	18:04	51.96	6:20:49	7:19	17	2:25:21	168	2:25:21
VP10 - Karolinenl	6.54	54:43	8:21	21	22:31	175	22:31	58.50	7:15:32	7:26	18	2:47:52	167	2:47:52
VP11 - Pagel & Fi	4.90	42:39	8:42	21	19:36	176	19:36	63.40	7:58:11	7:32	19	3:07:28	170	3:07:28
VP12 - Schloss S	7.62	1:14:51	9:49	20	37:58	188	37:58	71.02	9:13:02	7:47	20	3:45:26	174	3:45:26
VP13 - Revierförs	6.21	54:28	8:46	18	25:38	182	25:38	77.23	10:07:30	7:51	20	4:11:04	176	4:11:04
VP14 - Brauhaus	6.00	49:52	8:18	14	21:19	160	21:19	83.23	10:57:22	7:53	19	4:32:23	175	4:32:23
VP15 - Gedenkst.	6.90	1:04:04	9:17	21	31:09	201	31:09	90.13	12:01:26	8:00	18	5:03:32	176	5:03:32
VP16 - Königswe	6.87	1:09:15	10:04	17	34:30	162	34:30	97.00	13:10:41	8:09	18	5:38:02	171	5:38:02
VP17 - Sportplatz	6.20	1:08:43	11:05	14	34:58	127	34:58	103.20	14:19:24	8:19	18	6:13:00	167	6:13:00
VP18 - Osdorfer	6.50	58:30	9:00	13	21:46	133	24:03	109.70	15:17:54	8:22	18	6:34:46	167	6:34:46
VP19 - Lichtenra	5.70	57:25	10:04	13	21:28	136	23:15	115.40	16:15:19	8:27	17	6:56:14	160	6:56:14
VP20 - Kirchhain	4.37	41:11	9:25	15	22:21	150	22:21	119.77	16:56:30	8:29	17	7:18:35	159	7:18:35
VP21 - Buckow	6.43	1:05:26	10:10	16	31:50	155	31:50	126.20	18:01:56	8:34	17	7:50:25	159	7:50:25
VP22 - Rudow	4.90	45:49	9:21	8	19:50	101	19:50	131.10	18:47:45	8:36	17	8:10:15	160	8:10:15
VP23 - Johannistl	5.90	56:23	9:33	11	24:48	98	24:48	137.00	19:44:08	8:38	16	8:35:03	152	8:35:03
VP24 - Dammwe	5.70	53:12	9:20	10	21:32	85	22:01	142.70	20:37:20	8:40	16	8:56:35	147	8:56:35
VP25 - East Side	5.80	59:56	10:20	8	20:28	75	22:59	148.50	21:37:16	8:44	16	9:17:03	148	9:17:03
VP26 - Checkpoir	5.28	42:01	7:57	12	17:58	105	20:28	153.78	22:19:17	8:42	16	9:35:01	150	9:35:01
VP27 - Gedenkst.	3.32	45:42	13:45	15	18:55	110	21:05	157.10	23:04:59	8:48	16	9:53:56	148	9:53:56
Friedrich-Ludwig	4.60	41:46	9:04	9	12:53	86	17:34	161.70	23:46:45	8:49	16	10:06:49	148	10:06:49