



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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MAMIYA, Hideyuki

□□: heavy-metal-iron-runner

□□: 353

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 14:42:13

□□: 10.95 km/h

□□□□: 5:27 min/km

□□□□□/□□□□: 18 (of 459)

□□□□□/□: 4 (of 302)

□□□□□□: 13:39:56

□□□□□: 1(of 31)

□□□□□□□: 14:42:13

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
VP1 - Wilhelmsru	6.94	37:24	5:23	6	5:33	31	6:23	6.94	37:24	5:23	6	5:33	31	6:23
VP2 - Laufftreff Li	5.69	30:47	5:24	6	4:44	21	6:42	12.63	1:08:11	5:23	5	9:03	23	13:05
VP3 - Oranienbur	5.74	26:41	4:38	5	1:17	9	2:35	18.37	1:34:52	5:09	5	9:45	16	15:40
VP4 - Naturschut	4.70	25:04	5:19	3	1:45	5	2:38	23.07	1:59:56	5:11	5	11:30	16	18:18
VP5 - Frohnau	6.80	31:23	4:36	2	2:25	3	2:28	29.87	2:31:19	5:03	4	13:55	10	20:46
VP6 - Ruderclub	4.06	21:15	5:14	3	3:08	6	3:08	33.93	2:52:34	5:05	4	17:03	10	23:51
VP7 - Grenzturm	4.75	23:27	4:56	3	0:58	4	1:44	38.68	3:16:01	5:04	4	18:01	9	25:35
VP8 - Schönwald	7.52	36:13	4:48	2	0:23	2	0:23	46.20	3:52:14	5:01	3	18:24	6	25:34
VP9 - Falkenseer	5.76	31:10	5:24	2	2:50	6	2:50	51.96	4:23:24	5:04	3	21:14	5	27:56
VP10 - Karolinenl	6.54	32:44	5:00	1	-	2	0:32	58.50	4:56:08	5:03	2	21:11	3	28:28
VP11 - Pagel & Fi	4.90	25:04	5:06	1	-	2	2:01	63.40	5:21:12	5:03	2	20:40	3	30:29
VP12 - Schloss S	7.62	39:48	5:13	1	-	2	2:55	71.02	6:01:00	5:04	2	14:58	3	33:24
VP13 - Revierförs	6.21	33:10	5:20	2	0:41	5	4:20	77.23	6:34:10	5:06	2	15:39	3	37:44
VP14 - Brauhaus	6.00	29:39	4:56	1	-	2	1:06	83.23	7:03:49	5:05	2	13:56	3	38:50
VP15 - Gedenkst.	6.90	35:13	5:06	1	-	4	2:18	90.13	7:39:02	5:05	2	11:46	3	41:08
VP16 - Königswe	6.87	43:35	6:20	3	3:16	12	8:50	97.00	8:22:37	5:10	2	8:28	3	49:58
VP17 - Sportplatz	6.20	51:54	8:22	5	15:24	40	18:09	103.20	9:14:31	5:22	3	22:52	6	1:08:07
VP18 - Osdorfer	6.50	34:27	5:18	1	-	1	-	109.70	9:48:58	5:22	2	19:16	5	1:05:50
VP19 - Lichtenra	5.70	34:10	5:59	1	-	1	-	115.40	10:23:08	5:23	2	10:01	4	1:04:03
VP20 - Kirchhain	4.37	22:42	5:11	1	-	6	3:52	119.77	10:45:50	5:23	2	8:38	4	1:07:55
VP21 - Buckow	6.43	35:10	5:28	1	-	5	1:34	126.20	11:21:00	5:23	2	4:01	4	1:09:29
VP22 - Rudow	4.90	26:59	5:30	1	-	2	1:00	131.10	11:47:59	5:24	1	-	3	1:10:29
VP23 - Johannistl	5.90	32:05	5:26	1	-	3	0:30	137.00	12:20:04	5:24	1	-	3	1:10:59
VP24 - Dammwe	5.70	31:11	5:28	1	-	1	-	142.70	12:51:15	5:24	1	-	3	1:10:30
VP25 - East Side	5.80	38:51	6:41	1	-	3	1:54	148.50	13:30:06	5:27	1	-	3	1:09:53
VP26 - Checkpoir	5.28	22:09	4:11	1	-	2	0:36	153.78	13:52:15	5:24	1	-	4	1:07:59
VP27 - Gedenkst.	3.32	24:37	7:24	1	-	1	-	157.10	14:16:52	5:27	1	-	4	1:05:49
Friedrich-Ludwig	4.60	25:21	5:30	1	-	2	1:09	161.70	14:42:13	5:27	1	-	4	1:02:17