



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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ARNDT, Alexander

□□□: 27:48:15

□□: Hüttenberger Land Läufer/TEA

□□: 5.79 km/h

□□: 39

□□□□: 10:19 min/km

□□: 161.70 km

□□□□□/□□□□: 303 (of 459)

100MeilenBerlin

□□□□□/□: 188 (of 302)

□□□□:

□□□□□: 58(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	49:32	7:08	66	16:08	213	18:31	6.94	49:32	7:08	66	16:08	213	18:31
VP2 - Laufftreff Li	5.69	42:22	7:26	69	15:07	216	18:17	12.63	1:31:54	7:16	67	31:15	212	36:48
VP3 - Oranienbur	5.74	43:17	7:32	75	17:28	249	19:11	18.37	2:15:11	7:21	71	48:43	231	55:59
VP4 - Naturschut	4.70	43:40	9:17	75	18:33	261	21:14	23.07	2:58:51	7:45	74	1:07:16	241	1:17:13
VP5 - Frohnau	6.80	51:12	7:31	67	17:58	225	22:17	29.87	3:50:03	7:42	72	1:24:15	237	1:39:30
VP6 - Ruderclub	4.06	39:47	9:47	66	18:18	226	21:40	33.93	4:29:50	7:57	71	1:42:33	238	2:01:07
VP7 - Grenzturm	4.75	41:26	8:43	71	17:22	242	19:43	38.68	5:11:16	8:02	74	1:59:55	241	2:20:50
VP8 - Schönwald	7.52	57:45	7:40	64	18:18	199	21:55	46.20	6:09:01	7:59	70	2:17:21	233	2:42:21
VP9 - Falkenseer	5.76	58:35	10:10	73	26:11	246	30:15	51.96	7:07:36	8:13	71	2:43:27	236	3:12:08
VP10 - Karolinenl	6.54	54:42	8:21	56	19:38	174	22:30	58.50	8:02:18	8:14	71	3:02:08	231	3:34:38
VP11 - Pagel & Fi	4.90	43:32	8:53	58	15:38	182	20:29	63.40	8:45:50	8:17	70	3:17:46	227	3:55:07
VP12 - Schloss S	7.62	1:12:46	9:32	55	29:15	173	35:53	71.02	9:58:36	8:25	69	3:43:36	217	4:31:00
VP13 - Revierförs	6.21	49:49	8:01	44	14:04	126	20:59	77.23	10:48:25	8:23	66	3:55:25	206	4:51:59
VP14 - Brauhaus	6.00	48:42	8:07	49	15:41	145	20:09	83.23	11:37:07	8:22	66	4:10:02	203	5:12:08
VP15 - Gedenkst.	6.90	55:17	8:00	46	15:43	137	22:22	90.13	12:32:24	8:20	64	4:25:15	194	5:34:30
VP16 - Königswe	6.87	1:04:06	9:19	44	22:27	131	29:21	97.00	13:36:30	8:25	63	4:44:00	192	6:03:51
VP17 - Sportplatz	6.20	1:02:52	10:08	30	25:05	94	29:07	103.20	14:39:22	8:31	56	5:04:13	174	6:32:58
VP18 - Osdorfer	6.50	1:12:01	11:04	57	34:12	186	37:34	109.70	15:51:23	8:40	58	5:33:19	179	7:08:15
VP19 - Lichtenrav	5.70	1:29:22	15:40	70	51:28	240	55:12	115.40	17:20:45	9:01	60	6:19:38	185	8:01:40
VP20 - Kirchhain	4.37	1:02:11	14:13	66	40:20	228	43:21	119.77	18:22:56	9:12	60	6:58:49	187	8:45:01
VP21 - Buckow	6.43	1:23:36	13:00	64	48:32	209	50:00	126.20	19:46:32	9:24	61	7:44:45	189	9:35:01
VP22 - Rudow	4.90	1:07:17	13:43	61	37:04	212	41:18	131.10	20:53:49	9:33	61	8:21:49	188	10:16:19
VP23 - Johannistl	5.90	1:39:43	16:54	61	1:04:41	217	1:08:08	137.00	22:33:32	9:52	61	9:26:30	191	11:24:27
VP24 - Dammwe	5.70	1:12:40	12:44	55	38:24	190	41:29	142.70	23:46:12	9:59	60	10:04:54	189	12:05:27
VP25 - East Side	5.80	1:26:25	14:53	56	45:54	200	49:28	148.50	25:12:37	10:11	60	10:50:48	191	12:52:24
VP26 - Checkpoir	5.28	46:29	8:48	45	21:26	151	24:56	153.78	25:59:06	10:08	59	11:12:14	189	13:14:50
VP27 - Gedenkst.	3.32	52:08	15:42	46	24:40	159	27:31	157.10	26:51:14	10:15	58	11:32:53	187	13:40:11
Friedrich-Ludwig	4.60	57:01	12:23	54	27:32	184	32:49	161.70	27:48:15	10:19	58	12:00:21	188	14:08:19