



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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PFLÜGLER, Christian

□□□: 29:49:24

□□: 6h-Lauf-Münster

□□: 5.42 km/h

□□: 6

□□□□: 11:04 min/km

□□: 161.70 km

□□□□□/□□□: 347 (of 459)

100MeilenBerlin

□□□□□/□: 216 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 48(of 58)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	53:35	7:43	52	20:09	259	22:34	6.94	53:35	7:43	52	20:09	259	22:34
VP2 - Laufftreff Li	5.69	45:54	8:04	52	18:13	259	21:49	12.63	1:39:29	7:52	52	38:22	258	44:23
VP3 - Oranienbur	5.74	41:25	7:12	45	14:16	224	17:19	18.37	2:20:54	7:40	52	52:38	255	1:01:42
VP4 - Naturschut	4.70	42:39	9:04	52	17:17	253	20:13	23.07	3:03:33	7:57	52	1:09:55	254	1:21:55
VP5 - Frohnau	6.80	54:07	7:57	51	20:19	246	25:12	29.87	3:57:40	7:57	52	1:30:14	250	1:47:07
VP6 - Ruderclub	4.06	48:25	11:55	53	27:01	264	30:18	33.93	4:46:05	8:25	52	1:56:31	260	2:17:22
VP7 - Grenzturm	4.75	45:54	9:39	53	21:46	261	24:11	38.68	5:31:59	8:34	52	2:17:58	260	2:41:33
VP8 - Schönwald	7.52	1:12:12	9:36	53	33:01	263	36:22	46.20	6:44:11	8:44	52	2:47:09	259	3:17:31
VP9 - Falkenseer	5.76	59:49	10:23	53	28:26	253	31:29	51.96	7:44:00	8:55	53	3:15:23	262	3:48:32
VP10 - Karolinenl	6.54	1:13:10	11:11	52	38:29	254	40:58	58.50	8:57:10	9:10	52	3:51:30	256	4:29:30
VP11 - Pagel & Fi	4.90	1:01:30	12:33	52	34:34	260	38:27	63.40	9:58:40	9:26	53	4:24:06	260	5:07:57
VP12 - Schloss S	7.62	1:41:29	13:19	52	1:00:26	256	1:04:36	71.02	11:40:09	9:51	53	5:21:44	261	6:12:33
VP13 - Revierförs	6.21	1:14:54	12:03	53	39:38	259	46:04	77.23	12:55:03	10:02	53	6:01:04	259	6:58:37
VP14 - Brauhaus	6.00	1:06:52	11:08	53	34:32	249	38:19	83.23	14:01:55	10:06	53	6:31:01	257	7:36:56
VP15 - Gedenkst.	6.90	1:17:15	11:11	53	38:57	245	44:20	90.13	15:19:10	10:11	53	7:09:35	254	8:21:16
VP16 - Königswe	6.87	1:30:24	13:09	53	46:57	238	55:39	97.00	16:49:34	10:24	53	7:55:17	252	9:16:55
VP17 - Sportplatz	6.20	1:27:21	14:05	42	49:30	192	53:36	103.20	18:16:55	10:37	52	8:44:47	250	10:10:31
VP18 - Osdorfer	6.50	1:27:37	13:28	48	49:44	218	53:10	109.70	19:44:32	10:47	51	9:34:31	236	11:01:24
VP19 - Lichtenrav	5.70	1:39:22	17:25	51	59:57	243	1:05:12	115.40	21:23:54	11:07	50	10:34:28	232	12:04:49
VP20 - Kirchhain	4.37	56:26	12:54	49	32:38	214	37:36	119.77	22:20:20	11:11	50	11:07:06	231	12:42:25
VP21 - Buckow	6.43	1:05:50	10:14	35	29:23	156	32:14	126.20	23:26:10	11:08	49	11:36:29	225	13:14:39
VP22 - Rudow	4.90	50:48	10:22	31	20:45	145	24:49	131.10	24:16:58	11:06	49	11:57:14	225	13:39:28
VP23 - Johannistl	5.90	58:51	9:58	31	23:29	120	27:16	137.00	25:15:49	11:03	49	12:20:43	220	14:06:44
VP24 - Dammwe	5.70	1:05:01	11:24	37	30:03	156	33:50	142.70	26:20:50	11:04	49	12:50:46	217	14:40:05
VP25 - East Side	5.80	1:18:22	13:30	39	38:44	176	41:25	148.50	27:39:12	11:10	49	13:29:30	217	15:18:59
VP26 - Checkpoir	5.28	44:23	8:24	32	19:31	133	22:50	153.78	28:23:35	11:04	49	13:49:01	218	15:39:19
VP27 - Gedenkst.	3.32	41:45	12:34	12	15:15	68	17:08	157.10	29:05:20	11:06	49	14:04:16	217	15:54:17
Friedrich-Ludwig	4.60	44:04	9:34	21	16:19	97	19:52	161.70	29:49:24	11:03	48	14:16:28	216	16:09:28