



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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HERMSDORF, Ralph

□□□: 22:10:21

□□: LC Auensee Leipzig

□□: 7.26 km/h

□□: 68

□□□□: 8:14 min/km

□□: 161.70 km

□□□□□/□□□: 174 (of 459)

100MeilenBerlin

□□□□□/□: 97 (of 302)

□□□□□□: 13:39:56

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□□□□□: 7(of 46)

Senioren M55 (55-59 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	49:16	7:05	22	18:15	204	18:15	6.94	49:16	7:05	22	18:15	204	18:15	
VP2 - Laufftreff Li	5.69	41:38	7:19	24	17:33	204	17:33	12.63	1:30:54	7:11	24	35:48	205	35:48	
VP3 - Oranienbur	5.74	40:13	7:00	26	16:07	211	16:07	18.37	2:11:07	7:08	23	51:55	201	51:55	
VP4 - Naturschut	4.70	33:30	7:07	9	11:04	120	11:04	23.07	2:44:37	7:08	20	1:02:59	186	1:02:59	
VP5 - Frohnau	6.80	47:38	7:00	22	18:43	183	18:43	29.87	3:32:15	7:06	21	1:21:42	183	1:21:42	
VP6 - Ruderclub	4.06	35:06	8:38	23	16:56	179	16:59	33.93	4:07:21	7:17	21	1:38:38	180	1:38:38	
VP7 - Grenzturm	4.75	35:41	7:30	22	13:58	176	13:58	38.68	4:43:02	7:19	22	1:52:36	183	1:52:36	
VP8 - Schönwald	7.52	52:09	6:56	11	15:55	144	16:19	46.20	5:35:11	7:15	18	2:08:31	173	2:08:31	
VP9 - Falkenseer	5.76	48:37	8:26	22	19:49	174	20:17	51.96	6:23:48	7:23	18	2:28:20	171	2:28:20	
VP10 - Karolinenl	6.54	51:06	7:48	15	18:54	143	18:54	58.50	7:14:54	7:26	17	2:47:14	164	2:47:14	
VP11 - Pagel & Fi	4.90	38:13	7:47	12	15:10	125	15:10	63.40	7:53:07	7:27	18	3:02:24	159	3:02:24	
VP12 - Schloss S	7.62	1:06:56	8:47	13	30:03	134	30:03	71.02	9:00:03	7:36	17	3:32:27	164	3:32:27	
VP13 - Revierförs	6.21	47:29	7:38	7	18:39	105	18:39	77.23	9:47:32	7:36	13	3:51:06	152	3:51:06	
VP14 - Brauhaus	6.00	46:40	7:46	6	18:07	113	18:07	83.23	10:34:12	7:37	13	4:09:13	151	4:09:13	
VP15 - Gedenkst.	6.90	50:05	7:15	6	17:10	87	17:10	90.13	11:24:17	7:35	13	4:26:23	142	4:26:23	
VP16 - Königswe	6.87	1:01:35	8:57	8	26:50	104	26:50	97.00	12:25:52	7:41	12	4:53:13	136	4:53:13	
VP17 - Sportplatz	6.20	-	-	34		239		103.20	12:25:52	7:13	5	4:19:28	88	4:19:28	
VP18 - Osdorfer	6.50	1:50:21	16:58	29	1:13:37	225	1:15:54	109.70	14:16:13	7:48	11	5:33:05	123	5:33:05	
VP19 - Lichtenra	5.70	51:44	9:04	6	15:47	77	17:34	115.40	15:07:57	7:52	10	5:48:52	119	5:48:52	
VP20 - Kirchhain	4.37	37:32	8:35	9	18:42	117	18:42	119.77	15:45:29	7:53	10	6:07:34	121	6:07:34	
VP21 - Buckow	6.43	53:20	8:17	6	19:44	73	19:44	126.20	16:38:49	7:54	10	6:27:18	115	6:27:18	
VP22 - Rudow	4.90	41:59	8:34	4	16:00	63	16:00	131.10	17:20:48	7:56	9	6:43:18	112	6:43:18	
VP23 - Johannistf	5.90	50:36	8:34	6	19:01	60	19:01	137.00	18:11:24	7:57	8	7:02:19	104	7:02:19	
VP24 - Dammwe	5.70	46:50	8:12	3	15:10	42	15:39	142.70	18:58:14	7:58	6	7:17:29	97	7:17:29	
VP25 - East Side	5.80	58:28	10:04	5	19:00	62	21:31	148.50	19:56:42	8:03	6	7:36:29	94	7:36:29	
VP26 - Checkpoir	5.28	42:28	8:02	15	18:25	113	20:55	153.78	20:39:10	8:03	7	7:54:54	97	7:54:54	
VP27 - Gedenkst.	3.32	45:38	13:44	14	18:51	108	21:01	157.10	21:24:48	8:10	7	8:13:45	97	8:13:45	
Friedrich-Ludwig	4.60	45:33	9:54	13	16:40	112	21:21	161.70	22:10:21	8:13	7	8:30:25	97	8:30:25	