



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GLASER, Dominik

□□□: 18:19:45

□□: (ohne)

□□: 8.78 km/h

□□: 83

□□□□: 6:48 min/km

□□: 161.70 km

□□□□□/□□□□: 81 (of 459)

100MeilenBerlin

□□□□□/□: 28 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 3(of 14)

Senioren M30 (30-34 Jahre)

□□□□□□□: 16:49:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	39:11	5:38	4	2:11	45	8:10	6.94	39:11	5:38	4	2:11	45	8:10	
VP2 - Lauftreff Li	5.69	33:04	5:48	4	2:48	41	8:59	12.63	1:12:15	5:43	4	4:55	41	17:09	
VP3 - Oranienbur	5.74	31:13	5:26	4	3:15	42	7:07	18.37	1:43:28	5:37	4	8:10	40	24:16	
VP4 - Naturschut	4.70	29:02	6:10	5	2:34	41	6:36	23.07	2:12:30	5:44	4	10:44	39	30:52	
VP5 - Frohnau	6.80	38:29	5:39	4	3:03	41	9:34	29.87	2:50:59	5:43	4	13:47	39	40:26	
VP6 - Ruderclub	4.06	25:12	6:12	4	2:20	42	7:05	33.93	3:16:11	5:46	4	16:07	39	47:28	
VP7 - Grenzturm	4.75	28:04	5:54	6	1:44	39	6:21	38.68	3:44:15	5:47	4	17:51	37	53:49	
VP8 - Schönwald	7.52	45:33	6:03	6	3:12	50	9:43	46.20	4:29:48	5:50	4	18:05	38	1:03:08	
VP9 - Falkenseer	5.76	34:38	6:00	3	2:31	27	6:18	51.96	5:04:26	5:51	4	20:36	41	1:08:58	
VP10 - Karolinenl	6.54	41:38	6:21	4	4:16	39	9:26	58.50	5:46:04	5:54	4	23:01	39	1:18:24	
VP11 - Pagel & Fi	4.90	30:22	6:11	4	3:25	30	7:19	63.40	6:16:26	5:56	4	26:26	37	1:25:43	
VP12 - Schloss S	7.62	46:09	6:03	2	1:06	20	9:16	71.02	7:02:35	5:57	4	27:32	35	1:34:59	
VP13 - Revierförs	6.21	39:00	6:16	3	1:58	24	10:10	77.23	7:41:35	5:58	4	28:56	35	1:45:09	
VP14 - Brauhaus	6.00	35:28	5:54	2	1:42	20	6:55	83.23	8:17:03	5:58	4	30:38	29	1:52:04	
VP15 - Gedenkst.	6.90	41:03	5:56	2	2:30	22	8:08	90.13	8:58:06	5:58	4	33:08	29	2:00:12	
VP16 - Königswe	6.87	45:23	6:36	2	1:10	17	10:38	97.00	9:43:29	6:00	3	34:18	24	2:10:50	
VP17 - Sportplatz	6.20	48:27	7:48	3	11:46	30	14:42	103.20	10:31:56	6:07	3	46:04	25	2:25:32	
VP18 - Osdorfer	6.50	41:56	6:27	1	-	18	7:29	109.70	11:13:52	6:08	3	40:54	25	2:30:44	
VP19 - Lichtenrav	5.70	41:56	7:21	1	-	16	7:46	115.40	11:55:48	6:12	3	40:04	24	2:36:43	
VP20 - Kirchhain	4.37	27:30	6:17	1	-	23	8:40	119.77	12:23:18	6:12	3	39:44	24	2:45:23	
VP21 - Buckow	6.43	40:16	6:15	1	-	16	6:40	126.20	13:03:34	6:12	3	37:45	24	2:52:03	
VP22 - Rudow	4.90	38:57	7:56	2	7:17	42	12:58	131.10	13:42:31	6:16	3	45:02	25	3:05:01	
VP23 - Johannistl	5.90	48:32	8:13	4	10:11	50	16:57	137.00	14:31:03	6:21	3	55:13	25	3:21:58	
VP24 - Dammwe	5.70	42:34	7:28	3	3:04	23	11:23	142.70	15:13:37	6:24	3	56:29	25	3:32:52	
VP25 - East Side	5.80	54:19	9:21	4	12:09	39	17:22	148.50	16:07:56	6:31	3	1:02:28	25	3:47:43	
VP26 - Checkpoir	5.28	36:01	6:49	5	5:36	56	14:28	153.78	16:43:57	6:31	3	1:06:07	26	3:59:41	
VP27 - Gedenkst.	3.32	53:15	16:02	9	21:29	167	28:38	157.10	17:37:12	6:43	3	1:22:35	28	4:26:09	
Friedrich-Ludwig	4.60	42:33	9:15	8	13:26	89	18:21	161.70	18:19:45	6:48	3	1:30:41	28	4:39:49	