



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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HAASE, Falko

□□: 100 Marathon Club

□□: 99

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 22:55:55

□□: 7.02 km/h

□□□□: 8:30 min/km

□□□□□/□□□: 200 (of 459)

□□□□□/□: 113 (of 302)

□□□□□□: 13:39:56

□□□□□: 39(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	49:17	7:06	64	15:53	205	18:16	6.94	49:17	7:06	64	15:53	205	18:16
VP2 - Laufftreff Li	5.69	40:45	7:09	60	13:30	188	16:40	12.63	1:30:02	7:07	63	29:23	191	34:56
VP3 - Oranienbur	5.74	38:37	6:43	62	12:48	181	14:31	18.37	2:08:39	7:00	64	42:11	192	49:27
VP4 - Naturschut	4.70	35:33	7:33	57	10:26	162	13:07	23.07	2:44:12	7:07	61	52:37	180	1:02:34
VP5 - Frohnau	6.80	47:38	7:00	60	14:24	183	18:43	29.87	3:31:50	7:05	62	1:06:02	180	1:21:17
VP6 - Ruderclub	4.06	-	-	77		270		33.93	3:31:50	6:14	24	44:33	77	1:03:07
VP7 - Grenzturm	4.75	1:07:39	14:14	77	43:35	267	45:56	38.68	4:39:29	7:13	58	1:28:08	169	1:49:03
VP8 - Schönwald	7.52	51:34	6:51	47	12:07	137	15:44	46.20	5:31:03	7:09	57	1:39:23	163	2:04:23
VP9 - Falkenseer	5.76	41:11	7:08	28	8:47	83	12:51	51.96	6:12:14	7:09	55	1:48:05	155	2:16:46
VP10 - Karolinenl	6.54	1:02:24	9:32	72	27:20	229	30:12	58.50	7:14:38	7:25	56	2:14:28	163	2:46:58
VP11 - Pagel & Fi	4.90	45:52	9:21	65	17:58	208	22:49	63.40	8:00:30	7:34	58	2:32:26	172	3:09:47
VP12 - Schloss S	7.62	1:00:52	7:59	33	17:21	95	23:59	71.02	9:01:22	7:37	56	2:46:22	166	3:33:46
VP13 - Revierförs	6.21	46:16	7:27	31	10:31	86	17:26	77.23	9:47:38	7:36	53	2:54:38	153	3:51:12
VP14 - Brauhaus	6.00	46:45	7:47	40	13:44	115	18:12	83.23	10:34:23	7:37	52	3:07:18	152	4:09:24
VP15 - Gedenkst.	6.90	53:16	7:43	41	13:42	117	20:21	90.13	11:27:39	7:37	50	3:20:30	147	4:29:45
VP16 - Königswe	6.87	57:23	8:21	31	15:44	85	22:38	97.00	12:25:02	7:40	45	3:32:32	135	4:52:23
VP17 - Sportplatz	6.20	-	-	69		239		103.20	12:25:02	7:13	31	2:49:53	87	4:18:38
VP18 - Osdorfer	6.50	1:51:58	17:13	67	1:14:09	228	1:17:31	109.70	14:17:00	7:48	40	3:58:56	125	5:33:52
VP19 - Lichtenra	5.70	52:39	9:14	33	14:45	88	18:29	115.40	15:09:39	7:52	41	4:08:32	123	5:50:34
VP20 - Kirchhain	4.37	33:59	7:46	27	12:08	76	15:09	119.77	15:43:38	7:52	39	4:19:31	119	6:05:43
VP21 - Buckow	6.43	57:50	8:59	35	22:46	115	24:14	126.20	16:41:28	7:56	40	4:39:41	119	6:29:57
VP22 - Rudow	4.90	43:11	8:48	25	12:58	74	17:12	131.10	17:24:39	7:58	40	4:52:39	114	6:47:09
VP23 - Johannistl	5.90	54:37	9:15	30	19:35	86	23:02	137.00	18:19:16	8:01	39	5:12:14	110	7:10:11
VP24 - Dammwe	5.70	59:49	10:29	40	25:33	128	28:38	142.70	19:19:05	8:07	39	5:37:47	110	7:38:20
VP25 - East Side	5.80	1:12:57	12:34	47	32:26	150	36:00	148.50	20:32:02	8:17	39	6:10:13	112	8:11:49
VP26 - Checkpoir	5.28	42:19	8:00	33	17:16	108	20:46	153.78	21:14:21	8:17	38	6:27:29	109	8:30:05
VP27 - Gedenkst.	3.32	48:40	14:39	40	21:12	138	24:03	157.10	22:03:01	8:25	38	6:44:40	110	8:51:58
Friedrich-Ludwig	4.60	52:54	11:30	50	23:25	164	28:42	161.70	22:55:55	8:30	39	7:08:01	113	9:15:59