



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Kranz, Manfred

□□□: 24:11:28

□□: münchen

□□: 6.66 km/h

□□: 332

□□□□: 8:58 min/km

□□: 161.90 km

□□□□□/□□□□: 216 (of 397)

100MeilenBerlin

□□□□□/□: 186 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 49(of 75)

Senioren M50 (50-54 Jahre)

□□□□□□□: 14:30:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	57:56	6:44	20	13:47	105	13:48	8.60	57:56	6:44	20	13:47	105	13:48	
VP2 - East Side G	4.80	28:12	5:52	18	7:09	91	7:09	13.40	1:26:08	6:25	20	20:54	100	20:54	
VP3 - Dammweg	5.80	37:53	6:31	21	8:23	97	8:41	19.20	2:04:01	6:27	21	29:07	103	29:10	
VP4 - Johannisth	5.70	38:48	6:48	46	14:00	180	14:16	24.90	2:42:49	6:32	23	43:07	110	43:07	
VP5 - Imbiß "Am	9.50	1:13:36	7:44	64	31:15	251	32:04	34.40	3:56:25	6:52	41	1:14:22	162	1:15:08	
VP6 - Buckow	4.50	37:40	8:22	63	16:25	239	17:04	38.90	4:34:05	7:02	46	1:30:47	177	1:32:12	
□□□	7.60	1:01:23	8:04	61	24:55	235	27:21	46.50	5:35:28	7:12	48	1:55:17	185	1:59:33	
VP8 - Osdorfer St	6.30	48:35	7:42	48	18:20	184	21:09	52.80	6:24:03	7:16	47	2:13:37	186	2:20:42	
VP9 - Sportplatz	6.50	54:29	8:22	36	23:04	137	33:02	59.30	7:18:32	7:23	46	2:36:41	180	2:43:41	
VP10 - Königswe	6.20	58:32	9:26	67	27:19	255	29:07	65.50	8:17:04	7:35	47	3:04:00	186	3:12:48	
VP11 - Gedenkst	6.80	1:01:38	9:03	56	26:45	232	37:19	72.30	9:18:42	7:43	48	3:29:44	190	3:40:20	
VP12 - Brauhaus	6.90	1:04:24	9:20	56	28:42	218	31:17	79.20	10:23:06	7:52	52	3:58:26	202	4:11:37	
VP13 - Revierförs	5.70	1:03:50	11:11	71	33:13	274	33:47	84.90	11:26:56	8:05	53	4:31:39	209	4:45:24	
VP14 - Schloss S	6.30	1:07:29	10:42	48	34:05	173	36:02	91.20	12:34:25	8:16	54	5:05:24	210	5:21:26	
VP15 - Pagel & Fi	7.60	1:09:05	9:05	56	29:18	199	31:23	98.80	13:43:30	8:20	57	5:31:38	214	5:52:49	
VP16 - Karolinenl	4.90	46:02	9:23	36	18:55	133	20:27	103.70	14:29:32	8:23	57	5:50:33	209	6:13:16	
VP17 - Falkensee	6.50	53:30	8:13	26	15:46	87	20:59	110.20	15:23:02	8:22	53	6:02:15	196	6:34:15	
VP18 - Schönwal	5.80	56:58	9:49	48	24:27	170	27:53	116.00	16:20:00	8:26	56	6:26:39	199	7:02:08	
VP19 - Grenzturn	7.30	1:20:08	10:58	57	36:59	196	52:02	123.30	17:40:08	8:35	55	7:02:30	198	7:43:29	
VP20 - Rudercluk	4.80	47:57	9:59	45	20:19	151	23:37	128.10	18:28:05	8:39	54	7:22:49	197	8:07:06	
VP21 - Frohnau	4.10	38:13	9:19	15	14:15	45	15:34	132.20	19:06:18	8:40	49	7:37:04	188	8:22:40	
VP22 - Naturschu	6.40	1:03:48	9:58	46	26:19	168	30:36	138.60	20:10:06	8:43	48	7:59:21	185	8:53:16	
VP23 - Oranienbu	4.50	47:44	10:36	40	20:38	141	22:47	143.10	20:57:50	8:47	49	8:19:06	182	9:16:03	
VP24 - Laufftreff l	5.30	1:01:37	11:37	56	30:20	208	33:23	148.40	21:59:27	8:53	50	8:49:26	187	9:49:26	
VP25 - Wilhelmsr	5.70	59:15	10:23	42	26:07	152	29:14	154.10	22:58:42	8:56	50	9:14:51	187	10:18:40	
VP26 - Wollankst	3.10	30:46	9:55	30	12:46	100	13:39	157.20	23:29:28	8:57	50	9:27:37	187	10:32:19	
Friedrich-Ludwig	4.20	42:00	10:00	54	20:23	209	22:14	161.90	24:11:28	8:57	50	9:46:04	187	10:53:47	