



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Schraud, Ludwig

00: RV Viktoria Halsheim

00: 344

00: 161.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 20:41:23

00: 7.78 km/h

0000: 7:40 min/km

00000/0000: 38 (of 319)

00000/0: 31 (of 257)

000000: 15:20:48

00000: 12(of 59)

0000000: 17:12:46

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Brandenbu	7.30	45:40	6:15	22	10:49	75	12:23	7.30	45:40	6:15	22	10:49	75	12:23
VP2 - East Side C	6.46	41:06	6:21	17	11:00	67	11:00	13.76	1:26:46	6:18	19	21:42	75	23:08
VP3 - Dammweg	5.90	37:57	6:25	23	10:22	83	10:22	19.66	2:04:43	6:20	21	32:02	79	32:02
VP4 - Johannisth	5.64	38:07	6:45	29	11:32	104	11:32	25.30	2:42:50	6:26	23	43:34	85	43:34
VP5 - U-Bahnhof	5.90	38:36	6:32	18	9:42	62	9:42	31.20	3:21:26	6:27	20	52:54	79	52:54
VP6 - Buckow	4.92	34:22	6:59	23	9:44	89	9:44	36.12	3:55:48	6:31	21	1:02:38	77	1:02:38
VP7 - Kirchhainer	6.17	42:05	6:49	17	11:01	56	11:01	42.29	4:37:53	6:34	20	1:13:39	73	1:13:39
VP8 - Lichtenradi	4.37	30:03	6:52	22	7:58	68	7:58	46.66	5:07:56	6:35	19	1:21:37	69	1:21:37
VP9 - Osdorfer St	5.71	37:39	6:35	16	8:07	54	8:07	52.37	5:45:35	6:35	19	1:29:44	64	1:29:44
VP10 - Sportplatz	6.50	47:41	7:20	13	12:51	41	12:51	58.87	6:33:16	6:40	19	1:42:35	63	1:42:35
VP11 - Königswe	6.22	45:13	7:16	9	10:08	35	11:03	65.09	7:18:29	6:44	17	1:46:16	58	1:46:16
VP12 - Gedenkst	6.85	48:38	7:05	8	8:05	27	10:15	71.94	8:07:07	6:46	14	1:52:22	50	1:52:22
VP13 - Brauhaus	6.88	47:13	6:51	8	4:44	18	8:33	78.82	8:54:20	6:46	12	1:55:55	44	1:55:55
VP14 - Revierförs	5.70	42:40	7:29	8	8:20	24	10:36	84.52	9:37:00	6:49	12	2:04:15	40	2:04:15
VP15 - Schloss S	6.24	45:51	7:20	5	6:37	14	9:20	90.76	10:22:51	6:51	9	2:10:52	31	2:10:52
VP16 - Pagel & Fi	7.60	1:03:17	8:19	15	15:04	45	19:34	98.36	11:26:08	6:58	9	2:25:56	30	2:25:56
VP17 - Karolinenl	4.91	43:22	8:49	21	11:41	74	14:55	103.27	12:09:30	7:03	10	2:36:21	31	2:37:55
VP18 - Falkensee	6.60	52:14	7:54	13	9:43	38	13:52	109.87	13:01:44	7:06	10	2:41:46	31	2:50:49
VP19 - Schönwal	5.95	53:08	8:55	21	14:57	62	17:52	115.82	13:54:52	7:12	11	2:52:55	31	3:08:41
VP20 - Grenzturn	7.60	1:05:30	8:37	16	18:29	47	22:19	123.42	15:00:22	7:17	11	3:02:30	32	3:31:00
VP21 - Ruderclub	4.78	45:05	9:25	12	12:35	37	17:50	128.20	15:45:27	7:22	11	3:09:12	32	3:48:50
VP22 - Frohnau	4.07	35:55	8:49	14	8:46	42	11:26	132.27	16:21:22	7:25	11	3:16:46	32	4:00:10
VP23 - Naturschu	6.61	1:08:36	10:22	28	21:51	88	28:57	138.88	17:29:58	7:33	11	3:36:43	34	4:27:40
VP24 - Oranienbu	4.98	46:21	9:18	16	14:00	44	16:35	143.86	18:16:19	7:37	11	3:42:35	34	4:43:20
VP25 - Laufftreff l	5.34	51:10	9:34	21	21:13	60	21:13	149.20	19:07:29	7:41	12	3:43:10	34	5:01:40
VP26 - Wilhelmsr	5.72	47:49	8:21	21	14:17	65	15:41	154.92	19:55:18	7:42	12	3:39:24	34	5:16:51
VP27 - Wollankst	3.02	22:27	7:26	3	4:05	10	12:52	157.94	20:17:45	7:42	12	3:30:30	34	12:46:36
Friedrich-Ludwig	3.96	23:38	5:58	4	3:13	11	3:13	161.90	20:41:23	7:40	12	3:28:37	31	5:20:35