



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Helmert, Christian

00: MTB Weidatal-Racing

00: 21

00: 161.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 22:04:53

00: 7.29 km/h

0000: 8:11 min/km

00000/0000: 57 (of 319)

00000/0: 47 (of 257)

000000: 15:20:48

00000: 16(of 59)

0000000: 17:12:46

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Brandenbu	7.30	43:07	5:54	10	8:16	42	9:50	7.30	43:07	5:54	10	8:16	42	9:50
VP2 - East Side C	6.46	38:40	5:59	14	8:34	45	8:34	13.76	1:21:47	5:56	14	16:43	48	18:09
VP3 - Dammweg	5.90	33:16	5:38	5	5:41	23	5:41	19.66	1:55:03	5:51	10	22:22	41	22:22
VP4 - Johannisth	5.64	32:54	5:49	7	6:19	32	6:19	25.30	2:27:57	5:50	7	28:41	39	28:41
VP5 - U-Bahnhof	5.90	36:00	6:06	9	7:06	37	7:06	31.20	3:03:57	5:53	8	35:25	37	35:25
VP6 - Buckow	4.92	29:27	5:59	6	4:49	22	4:49	36.12	3:33:24	5:54	5	40:14	31	40:14
VP7 - Kirchhainer	6.17	38:24	6:13	10	7:20	31	7:20	42.29	4:11:48	5:57	5	47:34	28	47:34
VP8 - Lichtenradi	4.37	26:15	6:00	7	4:10	26	4:10	46.66	4:38:03	5:57	5	51:44	27	51:44
VP9 - Osdorfer St	5.71	32:12	5:38	6	2:40	15	2:40	52.37	5:10:15	5:55	5	54:24	24	54:24
VP10 - Sportplatz	6.50	51:34	7:56	19	16:44	65	16:44	58.87	6:01:49	6:08	9	1:11:08	32	1:11:08
VP11 - Königswe	6.22	46:14	7:25	13	11:09	43	12:04	65.09	6:48:03	6:16	7	1:15:50	26	1:15:50
VP12 - Gedenkst	6.85	57:06	8:20	26	16:33	88	18:43	71.94	7:45:09	6:27	9	1:30:24	30	1:30:24
VP13 - Brauhaus	6.88	53:28	7:46	14	10:59	43	14:48	78.82	8:38:37	6:34	9	1:40:12	32	1:40:12
VP14 - Revierförs	5.70	50:14	8:48	23	15:54	82	18:10	84.52	9:28:51	6:43	9	1:56:06	32	1:56:06
VP15 - Schloss S	6.24	58:51	9:25	20	19:37	61	22:20	90.76	10:27:42	6:54	10	2:15:43	33	2:15:43
VP16 - Pagel & Fi	7.60	1:10:19	9:15	25	22:06	88	26:36	98.36	11:38:01	7:05	11	2:37:49	33	2:37:49
VP17 - Karolinenl	4.91	44:50	9:07	25	13:09	92	16:23	103.27	12:22:51	7:11	12	2:49:42	34	2:51:16
VP18 - Falkensee	6.60	1:03:24	9:36	29	20:53	110	25:02	109.87	13:26:15	7:20	14	3:06:17	38	3:15:20
VP19 - Schönwal	5.95	1:05:41	11:02	32	27:30	127	30:25	115.82	14:31:56	7:31	16	3:29:59	47	3:45:45
VP20 - Grenzturn	7.60	1:08:20	8:59	18	21:19	57	25:09	123.42	15:40:16	7:37	15	3:42:24	44	4:10:54
VP21 - Ruderclub	4.78	51:01	10:40	20	18:31	70	23:46	128.20	16:31:17	7:43	15	3:55:02	46	4:34:40
VP22 - Frohnau	4.07	36:49	9:02	15	9:40	47	12:20	132.27	17:08:06	7:46	15	4:03:30	46	4:46:54
VP23 - Naturschu	6.61	1:03:36	9:37	21	16:51	65	23:57	138.88	18:11:42	7:51	15	4:18:27	47	5:09:24
VP24 - Oranienbu	4.98	56:37	11:22	31	24:16	120	26:51	143.86	19:08:19	7:58	15	4:34:35	46	5:35:20
VP25 - Laufftreff l	5.34	57:39	10:47	30	27:42	106	27:42	149.20	20:05:58	8:04	15	4:41:39	45	6:00:09
VP26 - Wilhelmsr	5.72	43:48	7:39	14	10:16	33	11:40	154.92	20:49:46	8:04	15	4:33:52	44	6:11:19
VP27 - Wollankst	3.02	37:23	12:22	30	19:01	131	27:48	157.94	21:27:09	8:08	16	4:39:54	50	13:56:00
Friedrich-Ludwig	3.96	37:44	9:31	26	17:19	114	17:19	161.90	22:04:53	8:11	16	4:52:07	47	6:44:05