



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Hausdorf, Mike

□□□: 22:06:29

□□: LG Mauerweg Berlin e.V.

□□: 7.28 km/h

□□: 78

□□□□: 8:11 min/km

□□: 161.90 km

□□□□□/□□□: 61 (of 319)

100MeilenBerlin

□□□□□/□: 50 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 17(of 59)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:12:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Brandenbu	7.30	48:33	6:39	33	13:42	114	15:16	7.30	48:33	6:39	33	13:42	114	15:16
VP2 - East Side C	6.46	41:11	6:22	18	11:05	68	11:05	13.76	1:29:44	6:31	28	24:40	104	26:06
VP3 - Dammweg	5.90	37:17	6:19	21	9:42	74	9:42	19.66	2:07:01	6:27	24	34:20	88	34:20
VP4 - Johannisth	5.64	36:33	6:28	21	9:58	78	9:58	25.30	2:43:34	6:27	24	44:18	86	44:18
VP5 - U-Bahnhof	5.90	38:36	6:32	18	9:42	62	9:42	31.20	3:22:10	6:28	21	53:38	81	53:38
VP6 - Buckow	4.92	37:14	7:34	36	12:36	134	12:36	36.12	3:59:24	6:37	25	1:06:14	88	1:06:14
VP7 - Kirchhainer	6.17	43:06	6:59	21	12:02	75	12:02	42.29	4:42:30	6:40	23	1:18:16	84	1:18:16
VP8 - Lichtenradi	4.37	28:38	6:33	16	6:33	55	6:33	46.66	5:11:08	6:40	22	1:24:49	80	1:24:49
VP9 - Osdorfer St	5.71	36:34	6:24	15	7:02	45	7:02	52.37	5:47:42	6:38	20	1:31:51	69	1:31:51
VP10 - Sportplatz	6.50	43:22	6:40	7	8:32	21	8:32	58.87	6:31:04	6:38	18	1:40:23	60	1:40:23
VP11 - Königswe	6.22	50:20	8:05	24	15:15	81	16:10	65.09	7:21:24	6:46	18	1:49:11	60	1:49:11
VP12 - Gedenkst	6.85	51:14	7:28	13	10:41	38	12:51	71.94	8:12:38	6:50	16	1:57:53	59	1:57:53
VP13 - Brauhaus	6.88	51:13	7:26	10	8:44	33	12:33	78.82	9:03:51	6:53	14	2:05:26	49	2:05:26
VP14 - Revierförs	5.70	46:02	8:04	16	11:42	47	13:58	84.52	9:49:53	6:58	14	2:17:08	48	2:17:08
VP15 - Schloss S	6.24	59:03	9:27	21	19:49	63	22:32	90.76	10:48:56	7:08	13	2:36:57	46	2:36:57
VP16 - Pagel & Fi	7.60	1:11:14	9:22	28	23:01	97	27:31	98.36	12:00:10	7:19	15	2:59:58	48	2:59:58
VP17 - Karolinenl	4.91	40:47	8:18	18	9:06	55	12:20	103.27	12:40:57	7:22	15	3:07:48	49	3:09:22
VP18 - Falkensee	6.60	52:12	7:54	12	9:41	37	13:50	109.87	13:33:09	7:24	15	3:13:11	44	3:22:14
VP19 - Schönwal	5.95	1:06:39	11:12	35	28:28	135	31:23	115.82	14:39:48	7:35	17	3:37:51	54	3:53:37
VP20 - Grenzturn	7.60	1:24:31	11:07	35	37:30	134	41:20	123.42	16:04:19	7:48	17	4:06:27	56	4:34:57
VP21 - Ruderclub	4.78	1:02:19	13:02	31	29:49	126	35:04	128.20	17:06:38	8:00	18	4:30:23	59	5:10:01
VP22 - Frohnau	4.07	44:02	10:49	30	16:53	119	19:33	132.27	17:50:40	8:05	19	4:46:04	63	5:29:28
VP23 - Naturschu	6.61	1:03:46	9:38	22	17:01	67	24:07	138.88	18:54:26	8:10	19	5:01:11	59	5:52:08
VP24 - Oranienbu	4.98	55:19	11:06	29	22:58	104	25:33	143.86	19:49:45	8:16	19	5:16:01	61	6:16:46
VP25 - Laufftreff l	5.34	49:34	9:16	16	19:37	46	19:37	149.20	20:39:19	8:18	20	5:15:00	60	6:33:30
VP26 - Wilhelmsr	5.72	41:18	7:13	10	7:46	24	9:10	154.92	21:20:37	8:15	20	5:04:43	57	6:42:10
VP27 - Wollankst	3.02	21:33	7:08	2	3:11	8	11:58	157.94	21:42:10	8:14	17	4:54:55	53	14:11:01
Friedrich-Ludwig	3.96	24:19	6:08	6	3:54	16	3:54	161.90	22:06:29	8:11	17	4:53:43	50	6:45:41