



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Heidemann, Udo

□□□: 23:10:03

□□: Turnerschaft Bielefeld von 1878 e.V.

□□: 6.95 km/h

□□: 297

□□□□: 8:35 min/km

□□: 161.90 km

□□□□□/□□□: 81 (of 319)

100MeilenBerlin

□□□□□/□: 67 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 22(of 59)

Senioren M45 (45-49 Jahre)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Brandenbu	7.30	44:17	6:03	16	9:26	53	11:00	7.30	44:17	6:03	16	9:26	53	11:00
VP2 - East Side G	6.46	41:12	6:22	19	11:06	69	11:06	13.76	1:25:29	6:12	17	20:25	53	21:51
VP3 - Dammweg	5.90	35:20	5:59	12	7:45	49	7:45	19.66	2:00:49	6:08	17	28:08	54	28:08
VP4 - Johannisth	5.64	34:21	6:05	14	7:46	51	7:46	25.30	2:35:10	6:07	17	35:54	53	35:54
VP5 - U-Bahnhof	5.90	36:46	6:13	13	7:52	46	7:52	31.20	3:11:56	6:09	17	43:24	53	43:24
VP6 - Buckow	4.92	31:51	6:28	17	7:13	59	7:13	36.12	3:43:47	6:11	16	50:37	53	50:37
VP7 - Kirchhainer	6.17	39:01	6:19	12	7:57	36	7:57	42.29	4:22:48	6:12	14	58:34	50	58:34
VP8 - Lichtenradi	4.37	27:37	6:19	13	5:32	41	5:32	46.66	4:50:25	6:13	13	1:04:06	48	1:04:06
VP9 - Osdorfer St	5.71	37:58	6:38	17	8:26	60	8:26	52.37	5:28:23	6:16	16	1:12:32	50	1:12:32
VP10 - Sportplatz	6.50	49:17	7:34	15	14:27	53	14:27	58.87	6:17:40	6:24	15	1:26:59	50	1:26:59
VP11 - Königsw	6.22	55:21	8:53	34	20:16	127	21:11	65.09	7:13:01	6:39	14	1:40:48	51	1:40:48
VP12 - Gedenkst	6.85	1:00:14	8:47	30	19:41	112	21:51	71.94	8:13:15	6:51	17	1:58:30	60	1:58:30
VP13 - Brauhaus	6.88	56:04	8:08	18	13:35	63	17:24	78.82	9:09:19	6:58	16	2:10:54	55	2:10:54
VP14 - Revierförs	5.70	50:23	8:50	24	16:03	83	18:19	84.52	9:59:42	7:05	17	2:26:57	56	2:26:57
VP15 - Schloss S	6.24	1:01:27	9:50	25	22:13	74	24:56	90.76	11:01:09	7:17	16	2:49:10	54	2:49:10
VP16 - Pagel & Fi	7.60	1:06:17	8:43	20	18:04	58	22:34	98.36	12:07:26	7:23	17	3:07:14	57	3:07:14
VP17 - Karolinenl	4.91	45:46	9:19	26	14:05	98	17:19	103.27	12:53:12	7:29	18	3:20:03	58	3:21:37
VP18 - Falkensee	6.60	1:06:04	10:00	32	23:33	126	27:42	109.87	13:59:16	7:38	18	3:39:18	60	3:48:21
VP19 - Schönwal	5.95	1:01:36	10:21	29	23:25	106	26:20	115.82	15:00:52	7:46	18	3:58:55	59	4:14:41
VP20 - Grenzturn	7.60	1:21:27	10:43	30	34:26	120	38:16	123.42	16:22:19	7:57	20	4:24:27	64	4:52:57
VP21 - Ruderclub	4.78	51:37	10:47	21	19:07	73	24:22	128.20	17:13:56	8:03	21	4:37:41	66	5:17:19
VP22 - Frohnau	4.07	44:25	10:54	31	17:16	122	19:56	132.27	17:58:21	8:09	20	4:53:45	65	5:37:09
VP23 - Naturschu	6.61	1:15:07	11:21	31	28:22	116	35:28	138.88	19:13:28	8:18	23	5:20:13	70	6:11:10
VP24 - Oranienbu	4.98	52:44	10:35	24	20:23	86	22:58	143.86	20:06:12	8:23	23	5:32:28	69	6:33:13
VP25 - Laufftreff l	5.34	52:16	9:47	23	22:19	65	22:19	149.20	20:58:28	8:26	23	5:34:09	67	6:52:39
VP26 - Wilhelmsr	5.72	55:53	9:46	25	22:21	110	23:45	154.92	21:54:21	8:29	22	5:38:27	66	7:15:54
VP27 - Wollankst	3.02	33:16	11:00	23	14:54	91	23:41	157.94	22:27:37	8:31	22	5:40:22	67	14:56:28
Friedrich-Ludwig	3.96	42:26	10:42	32	22:01	151	22:01	161.90	23:10:03	8:35	22	5:57:17	67	7:49:15