



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Krayer, Bernd

□□: TuS Breitscheid

□□: 137

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:13:15

□□: 6.93 km/h

□□□□: 8:37 min/km

□□□□□/□□□: 86 (of 319)

□□□□□/□: 71 (of 257)

□□□□□□: 15:20:48

□□□□□: 13(of 50)

□□□□□□□: 15:44:00

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Brandenbu	7.30	50:29	6:54	27	13:28	145	17:12	7.30	50:29	6:54	27	13:28	145	17:12
VP2 - East Side C	6.46	47:08	7:17	37	14:48	172	17:02	13.76	1:37:37	7:05	32	28:16	162	33:59
VP3 - Dammweg	5.90	40:39	6:53	26	10:36	132	13:04	19.66	2:18:16	7:01	30	38:52	153	45:35
VP4 - Johannisth	5.64	39:19	6:58	22	10:34	114	12:44	25.30	2:57:35	7:01	27	49:26	139	58:19
VP5 - U-Bahnhof	5.90	42:40	7:13	23	11:39	125	13:46	31.20	3:40:15	7:03	26	1:01:05	138	1:11:43
VP6 - Buckow	4.92	34:55	7:05	19	8:20	98	10:17	36.12	4:15:10	7:03	26	1:09:21	135	1:22:00
VP7 - Kirchhainer	6.17	42:58	6:57	14	8:18	74	11:54	42.29	4:58:08	7:02	22	1:17:34	123	1:33:54
VP8 - Lichtenradi	4.37	33:27	7:39	30	9:14	133	11:22	46.66	5:31:35	7:06	22	1:25:50	119	1:45:16
VP9 - Osdorfer St	5.71	40:14	7:02	17	9:37	93	10:42	52.37	6:11:49	7:05	24	1:28:15	118	1:55:58
VP10 - Sportplatz	6.50	1:05:50	10:07	25	29:17	132	31:00	58.87	7:17:39	7:26	20	1:46:08	114	2:26:58
VP11 - Königsw	6.22	48:16	7:45	11	9:45	63	14:06	65.09	8:05:55	7:27	19	1:55:45	110	2:33:42
VP12 - Gedenkst	6.85	57:59	8:27	14	19:36	90	19:36	71.94	9:03:54	7:33	17	2:15:21	107	2:49:09
VP13 - Brauhaus	6.88	1:03:02	9:09	22	24:22	113	24:22	78.82	10:06:56	7:42	16	2:39:43	104	3:08:31
VP14 - Revierförs	5.70	47:17	8:17	11	15:13	54	15:13	84.52	10:54:13	7:44	15	2:54:56	98	3:21:28
VP15 - Schloss S	6.24	1:05:13	10:27	18	26:41	90	28:42	90.76	11:59:26	7:55	16	3:21:37	96	3:47:27
VP16 - Pagel & Fi	7.60	1:11:56	9:27	21	28:13	101	28:13	98.36	13:11:22	8:02	18	3:49:50	96	4:11:10
VP17 - Karolinenl	4.91	40:15	8:11	9	11:48	48	11:48	103.27	13:51:37	8:03	17	4:01:38	91	4:20:02
VP18 - Falkensee	6.60	55:11	8:21	11	16:49	57	16:49	109.87	14:46:48	8:04	16	4:18:27	87	4:35:53
VP19 - Schönwal	5.95	55:44	9:22	15	20:06	71	20:28	115.82	15:42:32	8:08	15	4:38:33	83	4:56:21
VP20 - Grenzturn	7.60	1:18:18	10:18	25	33:03	106	35:07	123.42	17:00:50	8:16	16	5:11:36	84	5:31:28
VP21 - Ruderclub	4.78	46:47	9:47	10	16:21	47	19:32	128.20	17:47:37	8:19	16	5:27:57	83	5:51:00
VP22 - Frohnau	4.07	37:34	9:13	10	13:05	54	13:05	132.27	18:25:11	8:21	16	5:41:02	81	6:03:59
VP23 - Naturschu	6.61	1:10:41	10:41	21	31:02	95	31:02	138.88	19:35:52	8:28	14	6:12:04	77	6:33:34
VP24 - Oranienbu	4.98	44:38	8:57	7	12:51	34	14:52	143.86	20:20:30	8:29	13	6:24:55	75	6:47:31
VP25 - Laufftreff l	5.34	49:17	9:13	8	17:25	45	19:20	149.20	21:09:47	8:30	12	6:42:20	72	7:03:58
VP26 - Wilhelmsr	5.72	54:35	9:32	18	19:09	98	22:27	154.92	22:04:22	8:32	12	7:01:29	73	7:25:55
VP27 - Wollankst	3.02	33:08	10:58	19	13:55	89	23:33	157.94	22:37:30	8:35	12	7:15:24	70	15:06:21
Friedrich-Ludwig	3.96	35:45	9:01	24	13:51	97	15:20	161.90	23:13:15	8:36	13	7:29:15	71	7:52:27