



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

0000

Sigl, Holger

00: Ultrafriesen e.V.

00: 142

00: 161.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 23:21:15

00: 6.89 km/h

0000: 8:40 min/km

00000/0000: 90 (of 319)

00000/0: 75 (of 257)

000000: 15:20:48

00000: 24(of 59)

0000000: 17:12:46

0000

0000

000

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	41:44	5:43	6	6:53	27	8:27	7.30	41:44	5:43	6	6:53	27	8:27
VP2 - East Side C	6.46	38:31	5:57	13	8:25	43	8:25	13.76	1:20:15	5:49	9	15:11	33	16:37
VP3 - Dammweg	5.90	34:10	5:47	7	6:35	36	6:35	19.66	1:54:25	5:49	5	21:44	34	21:44
VP4 - Johannisth	5.64	32:49	5:49	6	6:14	31	6:14	25.30	2:27:14	5:49	6	27:58	34	27:58
VP5 - U-Bahnhof	5.90	35:52	6:04	7	6:58	35	6:58	31.20	3:03:06	5:52	5	34:34	32	34:34
VP6 - Buckow	4.92	30:45	6:15	10	6:07	38	6:07	36.12	3:33:51	5:55	6	40:41	34	40:41
VP7 - Kirchhainer	6.17	39:58	6:28	14	8:54	44	8:54	42.29	4:13:49	6:00	7	49:35	33	49:35
VP8 - Lichtenradi	4.37	28:58	6:37	17	6:53	57	6:53	46.66	4:42:47	6:03	12	56:28	41	56:28
VP9 - Osdorfer St	5.71	42:04	7:22	33	12:32	120	12:32	52.37	5:24:51	6:12	13	1:09:00	45	1:09:00
VP10 - Sportplatz	6.50	1:00:44	9:20	34	25:54	108	25:54	58.87	6:25:35	6:32	16	1:34:54	57	1:34:54
VP11 - Königswe	6.22	49:31	7:57	21	14:26	76	15:21	65.09	7:15:06	6:41	15	1:42:53	52	1:42:53
VP12 - Gedenkst	6.85	56:42	8:16	24	16:09	83	18:19	71.94	8:11:48	6:50	15	1:57:03	57	1:57:03
VP13 - Brauhaus	6.88	1:05:07	9:27	36	22:38	132	26:27	78.82	9:16:55	7:03	20	2:18:30	64	2:18:30
VP14 - Revierförs	5.70	53:50	9:26	34	19:30	127	21:46	84.52	10:10:45	7:13	21	2:38:00	69	2:38:00
VP15 - Schloss S	6.24	1:01:07	9:47	24	21:53	72	24:36	90.76	11:11:52	7:24	21	2:59:53	67	2:59:53
VP16 - Pagel & Fi	7.60	1:21:58	10:47	42	33:45	163	38:15	98.36	12:33:50	7:39	21	3:33:38	68	3:33:38
VP17 - Karolinenl	4.91	47:47	9:43	30	16:06	117	19:20	103.27	13:21:37	7:45	23	3:48:28	70	3:50:02
VP18 - Falkensee	6.60	53:42	8:08	16	11:11	45	15:20	109.87	14:15:19	7:47	21	3:55:21	69	4:04:24
VP19 - Schönwal	5.95	47:36	8:00	13	9:25	30	12:20	115.82	15:02:55	7:47	20	4:00:58	62	4:16:44
VP20 - Grenzturn	7.60	1:16:22	10:02	26	29:21	96	33:11	123.42	16:19:17	7:56	19	4:21:25	63	4:49:55
VP21 - Ruderclub	4.78	48:29	10:08	18	15:59	61	21:14	128.20	17:07:46	8:01	19	4:31:31	60	5:11:09
VP22 - Frohnau	4.07	40:31	9:57	23	13:22	84	16:02	132.27	17:48:17	8:04	18	4:43:41	61	5:27:05
VP23 - Naturschu	6.61	1:08:22	10:20	27	21:37	87	28:43	138.88	18:56:39	8:11	20	5:03:24	60	5:54:21
VP24 - Oranienbu	4.98	58:20	11:42	33	25:59	128	28:34	143.86	19:54:59	8:18	21	5:21:15	65	6:22:00
VP25 - Laufftreff l	5.34	1:01:29	11:30	33	31:32	134	31:32	149.20	20:56:28	8:25	22	5:32:09	65	6:50:39
VP26 - Wilhelmsr	5.72	1:04:38	11:17	37	31:06	166	32:30	154.92	22:01:06	8:31	23	5:45:12	69	7:22:39
VP27 - Wollankst	3.02	38:00	12:34	32	19:38	138	28:25	157.94	22:39:06	8:36	23	5:51:51	71	15:07:57
Friedrich-Ludwig	3.96	42:09	10:38	30	21:44	149	21:44	161.90	23:21:15	8:39	24	6:08:29	75	8:00:27