



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Marschallek, Stephan

□□□: 23:22:58

□□: TV Fürstenwalde

□□: 6.89 km/h

□□: 243

□□□□: 8:40 min/km

□□: 161.90 km

□□□□□/□□□: 95 (of 319)

100MeilenBerlin

□□□□□/□: 80 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 9(of 31)

Senioren M40 (40-44 Jahre)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Brandenbu	7.30	42:49	5:51	7	3:12	38	9:32	7.30	42:49	5:51	7	3:12	38	9:32
VP2 - East Side C	6.46	43:51	6:47	19	9:33	128	13:45	13.76	1:26:40	6:17	12	12:40	72	23:02
VP3 - Dammweg	5.90	35:32	6:01	7	4:33	50	7:57	19.66	2:02:12	6:12	8	17:12	57	29:31
VP4 - Johannisth	5.64	37:01	6:33	13	8:05	85	10:26	25.30	2:39:13	6:17	10	25:17	64	39:57
VP5 - U-Bahnhof	5.90	41:18	6:59	16	10:42	97	12:24	31.20	3:20:31	6:25	12	35:59	72	51:59
VP6 - Buckow	4.92	33:21	6:46	11	7:07	73	8:43	36.12	3:53:52	6:28	12	43:06	75	1:00:42
VP7 - Kirchhainer	6.17	48:19	7:49	20	15:27	142	17:15	42.29	4:42:11	6:40	13	58:33	82	1:17:57
VP8 - Lichtenradi	4.37	31:11	7:08	13	7:58	95	9:06	46.66	5:13:22	6:42	13	1:06:31	84	1:27:03
VP9 - Osdorfer St	5.71	39:15	6:52	12	8:35	77	9:43	52.37	5:52:37	6:43	13	1:15:06	81	1:36:46
VP10 - Sportplatz	6.50	56:38	8:42	13	19:22	89	21:48	58.87	6:49:15	6:57	12	1:34:28	81	1:58:34
VP11 - Königsw	6.22	52:38	8:27	14	18:28	105	18:28	65.09	7:41:53	7:05	13	1:52:56	81	2:09:40
VP12 - Gedenkst	6.85	1:05:51	9:36	21	26:27	159	27:28	71.94	8:47:44	7:20	15	2:19:23	92	2:32:59
VP13 - Brauhaus	6.88	1:07:24	9:47	21	28:37	149	28:44	78.82	9:55:08	7:33	16	2:48:00	94	2:56:43
VP14 - Revierförs	5.70	48:47	8:33	7	14:58	65	16:43	84.52	10:43:55	7:37	15	3:02:58	87	3:11:10
VP15 - Schloss S	6.24	1:17:37	12:26	14	41:06	145	41:06	90.76	12:01:32	7:56	15	3:44:04	100	3:49:33
VP16 - Pagel & Fi	7.60	1:12:23	9:31	13	26:46	105	28:40	98.36	13:13:55	8:04	14	4:10:50	98	4:13:43
VP17 - Karolinenl	4.91	44:18	9:01	7	15:48	87	15:51	103.27	13:58:13	8:07	13	4:26:38	99	4:26:38
VP18 - Falkensee	6.60	1:01:13	9:16	9	21:53	96	22:51	109.87	14:59:26	8:11	12	4:48:31	93	4:48:31
VP19 - Schönwal	5.95	1:04:20	10:48	14	29:04	117	29:04	115.82	16:03:46	8:19	12	5:17:35	98	5:17:35
VP20 - Grenzturn	7.60	1:16:08	10:01	12	32:57	91	32:57	123.42	17:19:54	8:25	12	5:50:32	97	5:50:32
VP21 - Ruderclub	4.78	55:25	11:35	11	28:10	97	28:10	128.20	18:15:19	8:32	12	6:18:42	97	6:18:42
VP22 - Frohnau	4.07	35:52	8:48	3	11:17	39	11:23	132.27	18:51:11	8:33	11	6:29:59	92	6:29:59
VP23 - Naturschu	6.61	1:02:13	9:24	6	21:07	54	22:34	138.88	19:53:24	8:35	11	6:51:06	92	6:51:06
VP24 - Oranienbu	4.98	52:47	10:35	11	22:06	87	23:01	143.86	20:46:11	8:39	10	7:13:12	90	7:13:12
VP25 - Laufftreff l	5.34	52:34	9:50	6	19:44	67	22:37	149.20	21:38:45	8:42	10	7:32:56	85	7:32:56
VP26 - Wilhelmsr	5.72	46:26	8:07	6	13:48	53	14:18	154.92	22:25:11	8:40	10	7:46:44	85	7:46:44
VP27 - Wollankst	3.02	29:02	9:36	7	8:24	55	19:27	157.94	22:54:13	8:42	9	7:55:08	84	15:23:04
Friedrich-Ludwig	3.96	28:45	7:15	7	7:02	43	8:20	161.90	23:22:58	8:39	9	8:02:10	80	8:02:10