



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Hadbawnik, Iris

□□: UltraRunners.de

□□: 273

□□: 161.90 km

100MeilenBerlin

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 23:49:27

□□: 6.76 km/h

□□□□: 8:50 min/km

□□□□□/□□□□: 116 (of 319)

□□□□□/□: 20 (of 62)

□□□□□□: 17:03:32

□□□□□: 4(of 11)

□□□□□□□: 18:39:44

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Brandenbu	7.30	48:58	6:42	6	7:41	25	8:00	7.30	48:58	6:42	6	7:41	25	8:00
VP2 - East Side C	6.46	44:24	6:52	6	7:47	23	9:36	13.76	1:33:22	6:47	6	15:28	24	17:36
VP3 - Dammweg	5.90	39:50	6:45	4	5:59	21	8:53	19.66	2:13:12	6:46	5	21:27	23	26:29
VP4 - Johannisth	5.64	39:49	7:03	5	9:16	24	9:58	25.30	2:53:01	6:50	5	30:43	24	36:27
VP5 - U-Bahnhof	5.90	41:57	7:06	4	7:56	20	10:13	31.20	3:34:58	6:53	4	38:39	22	46:40
VP6 - Buckow	4.92	35:49	7:16	3	6:06	20	7:54	36.12	4:10:47	6:56	4	44:45	22	54:34
VP7 - Kirchhainer	6.17	45:25	7:21	3	9:07	17	10:04	42.29	4:56:12	7:00	4	53:52	22	1:04:38
VP8 - Lichtenradi	4.37	30:49	7:03	4	4:29	19	7:05	46.66	5:27:01	7:00	4	58:21	21	1:11:43
VP9 - Osdorfer St	5.71	40:29	7:05	4	4:37	19	8:27	52.37	6:07:30	7:01	4	1:02:58	21	1:19:12
VP10 - Sportplatz	6.50	1:11:32	11:00	8	32:33	35	35:06	58.87	7:19:02	7:27	5	1:35:31	23	1:53:29
VP11 - Königswe	6.22	49:11	7:54	5	8:51	17	12:15	65.09	8:08:13	7:30	5	1:44:22	23	2:00:26
VP12 - Gedenkst	6.85	54:09	7:54	4	9:08	19	13:09	71.94	9:02:22	7:32	5	1:53:30	22	2:10:15
VP13 - Brauhaus	6.88	56:44	8:14	4	11:29	17	13:27	78.82	9:59:06	7:36	5	2:04:59	22	2:20:07
VP14 - Revierförs	5.70	50:51	8:55	5	8:21	21	11:27	84.52	10:49:57	7:41	5	2:13:20	22	2:27:32
VP15 - Schloss S	6.24	1:10:00	11:13	5	27:05	22	29:45	90.76	11:59:57	7:55	5	2:40:25	21	2:57:17
VP16 - Pagel & Fi	7.60	1:09:47	9:10	4	13:39	19	17:07	98.36	13:09:44	8:01	5	2:54:04	20	3:14:24
VP17 - Karolinenl	4.91	47:02	9:34	4	11:19	20	15:44	103.27	13:56:46	8:06	5	3:05:23	20	3:30:08
VP18 - Falkensee	6.60	1:02:53	9:31	4	13:38	21	21:40	109.87	14:59:39	8:11	5	3:18:36	19	3:51:48
VP19 - Schönwal	5.95	58:16	9:47	4	13:55	19	20:27	115.82	15:57:55	8:16	5	3:27:57	19	4:06:40
VP20 - Grenzturn	7.60	1:12:13	9:30	3	6:02	14	23:48	123.42	17:10:08	8:20	5	3:33:59	20	4:30:28
VP21 - Ruderclub	4.78	1:09:54	14:37	7	35:02	39	37:00	128.20	18:20:02	8:34	5	4:09:01	21	5:07:28
VP22 - Frohnau	4.07	43:19	10:38	4	14:18	23	17:03	132.27	19:03:21	8:38	5	4:23:19	21	5:24:08
VP23 - Naturschu	6.61	1:12:39	10:59	5	19:37	24	26:35	138.88	20:16:00	8:45	4	4:42:56	19	5:50:16
VP24 - Oranienbu	4.98	49:28	9:55	4	11:18	17	15:48	143.86	21:05:28	8:47	4	4:54:14	19	6:06:04
VP25 - Laufftreff l	5.34	55:47	10:26	6	13:22	24	19:43	149.20	22:01:15	8:51	4	5:07:05	20	6:23:35
VP26 - Wilhelmsr	5.72	51:08	8:56	5	4:26	16	13:12	154.92	22:52:23	8:51	4	5:11:31	19	6:36:47
VP27 - Wollankst	3.02	28:08	9:18	3	3:39	9	6:44	157.94	23:20:31	8:52	4	5:13:40	20	6:41:23
Friedrich-Ludwig	3.96	28:56	7:18	2	0:58	7	6:45	161.90	23:49:27	8:49	4	5:09:43	20	6:45:55