



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Balsen, Bernd

□□□: 24:25:00

□□: Brandis

□□: 6.59 km/h

□□: 109

□□□□: 9:03 min/km

□□: 161.90 km

□□□□□/□□□□: 123 (of 319)

100MeilenBerlin

□□□□□/□: 102 (of 257)

□□□□:

□□□□□: 20(of 50)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:44:00

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Brandenbu	7.30	1:02:22	8:32	48	25:21	233	29:05	7.30	1:02:22	8:32	48	25:21	233	29:05
VP2 - East Side G	6.46	54:13	8:23	47	21:53	220	24:07	13.76	1:56:35	8:28	47	47:14	231	52:57
VP3 - Dammweg	5.90	48:17	8:11	46	18:14	221	20:42	19.66	2:44:52	8:23	46	1:05:28	230	1:12:11
VP4 - Johannisth	5.64	46:45	8:17	45	18:00	211	20:10	25.30	3:31:37	8:21	47	1:23:28	230	1:32:21
VP5 - U-Bahnhof	5.90	49:47	8:26	44	18:46	213	20:53	31.20	4:21:24	8:22	47	1:42:14	225	1:52:52
VP6 - Buckow	4.92	42:45	8:41	43	16:10	197	18:07	36.12	5:04:09	8:25	47	1:58:20	225	2:10:59
VP7 - Kirchhainer	6.17	51:52	8:24	38	17:12	177	20:48	42.29	5:56:01	8:25	46	2:15:27	220	2:31:47
VP8 - Lichtenradi	4.37	36:14	8:17	38	12:01	181	14:09	46.66	6:32:15	8:24	44	2:26:30	217	2:45:56
VP9 - Osdorfer St	5.71	45:51	8:01	37	15:14	172	16:19	52.37	7:18:06	8:21	44	2:34:32	216	3:02:15
VP10 - Sportplatz	6.50	59:56	9:13	18	23:23	104	25:06	58.87	8:18:02	8:27	40	2:46:31	198	3:27:21
VP11 - Königsw	6.22	55:09	8:51	25	16:38	126	20:59	65.09	9:13:11	8:29	39	3:03:01	185	3:40:58
VP12 - Gedenkst	6.85	58:50	8:35	17	20:27	102	20:27	71.94	10:12:01	8:30	37	3:23:28	174	3:57:16
VP13 - Brauhaus	6.88	57:02	8:17	14	18:22	77	18:22	78.82	11:09:03	8:29	35	3:41:50	162	4:10:38
VP14 - Revierförs	5.70	49:41	8:42	17	17:37	74	17:37	84.52	11:58:44	8:30	35	3:59:27	154	4:25:59
VP15 - Schloss S	6.24	55:45	8:56	8	17:13	46	19:14	90.76	12:54:29	8:31	29	4:16:40	139	4:42:30
VP16 - Pagel & Fi	7.60	59:02	7:46	7	15:19	24	15:19	98.36	13:53:31	8:28	27	4:31:59	131	4:53:19
VP17 - Karolinenl	4.91	41:38	8:28	13	13:11	61	13:11	103.27	14:35:09	8:28	27	4:45:10	127	5:03:34
VP18 - Falkensee	6.60	56:28	8:33	13	18:06	62	18:06	109.87	15:31:37	8:28	24	5:03:16	121	5:20:42
VP19 - Schönwal	5.95	50:06	8:25	9	14:28	39	14:50	115.82	16:21:43	8:28	23	5:17:44	113	5:35:32
VP20 - Grenzturn	7.60	1:05:01	8:33	8	19:46	46	21:50	123.42	17:26:44	8:28	22	5:37:30	106	5:57:22
VP21 - Ruderclub	4.78	45:44	9:34	9	15:18	41	18:29	128.20	18:12:28	8:31	20	5:52:48	94	6:15:51
VP22 - Frohnau	4.07	40:56	10:03	19	16:27	90	16:27	132.27	18:53:24	8:34	20	6:09:15	98	6:32:12
VP23 - Naturschu	6.61	1:12:15	10:55	24	32:36	105	32:36	138.88	20:05:39	8:40	19	6:41:51	96	7:03:21
VP24 - Oranienbu	4.98	53:22	10:42	18	21:35	91	23:36	143.86	20:59:01	8:45	18	7:03:26	95	7:26:02
VP25 - Laufftreff l	5.34	57:08	10:41	23	25:16	102	27:11	149.20	21:56:09	8:49	18	7:28:42	94	7:50:20
VP26 - Wilhelmsr	5.72	1:04:35	11:17	38	29:09	165	32:27	154.92	23:00:44	8:54	19	7:57:51	99	8:22:17
VP27 - Wollankst	3.02	45:16	14:59	39	26:03	182	35:41	157.94	23:46:00	9:01	20	8:23:54	103	16:14:51
Friedrich-Ludwig	3.96	39:00	9:50	26	17:06	122	18:35	161.90	24:25:00	9:02	20	8:41:00	102	9:04:12