



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Springfeldt, Maik

□□: LG Mauerweg e.V.

□□: 296

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 25:14:02

□□: 6.38 km/h

□□□□: 9:21 min/km

□□□□□/□□□□: 136 (of 319)

□□□□□/□: 113 (of 257)

□□□□□□: 15:20:48

□□□□□: 33(of 59)

□□□□□□□: 17:12:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Brandenbu	7.30	42:43	5:51	9	7:52	34	9:26	7.30	42:43	5:51	9	7:52	34	9:26	
VP2 - East Side C	6.46	37:11	5:45	8	7:05	26	7:05	13.76	1:19:54	5:48	6	14:50	27	16:16	
VP3 - Dammweg	5.90	35:04	5:56	10	7:29	46	7:29	19.66	1:54:58	5:50	9	22:17	39	22:17	
VP4 - Johannisth	5.64	33:04	5:51	9	6:29	37	6:29	25.30	2:28:02	5:51	9	28:46	41	28:46	
VP5 - U-Bahnhof	5.90	35:22	5:59	6	6:28	32	6:28	31.20	3:03:24	5:52	6	34:52	33	34:52	
VP6 - Buckow	4.92	31:17	6:21	13	6:39	49	6:39	36.12	3:34:41	5:56	7	41:31	36	41:31	
VP7 - Kirchhainer	6.17	39:58	6:28	14	8:54	44	8:54	42.29	4:14:39	6:01	11	50:25	42	50:25	
VP8 - Lichtenradi	4.37	28:03	6:25	15	5:58	48	5:58	46.66	4:42:42	6:03	11	56:23	40	56:23	
VP9 - Osdorfer St	5.71	38:23	6:43	19	8:51	65	8:51	52.37	5:21:05	6:07	10	1:05:14	40	1:05:14	
VP10 - Sportplatz	6.50	50:12	7:43	16	15:22	57	15:22	58.87	6:11:17	6:18	13	1:20:36	45	1:20:36	
VP11 - Königswe	6.22	1:11:59	11:34	48	36:54	217	37:49	65.09	7:23:16	6:48	19	1:51:03	61	1:51:03	
VP12 - Gedenkst	6.85	53:09	7:45	20	12:36	57	14:46	71.94	8:16:25	6:54	18	2:01:40	61	2:01:40	
VP13 - Brauhaus	6.88	57:57	8:25	23	15:28	83	19:17	78.82	9:14:22	7:01	18	2:15:57	61	2:15:57	
VP14 - Revierförs	5.70	48:42	8:32	21	14:22	63	16:38	84.52	10:03:04	7:08	19	2:30:19	60	2:30:19	
VP15 - Schloss S	6.24	1:23:04	13:18	40	43:50	163	46:33	90.76	11:26:08	7:33	22	3:14:09	71	3:14:09	
VP16 - Pagel & Fi	7.60	1:19:17	10:25	37	31:04	149	35:34	98.36	12:45:25	7:46	25	3:45:13	82	3:45:13	
VP17 - Karolinenl	4.91	51:07	10:24	36	19:26	149	22:40	103.27	13:36:32	7:54	25	4:03:23	81	4:04:57	
VP18 - Falkensee	6.60	1:13:54	11:11	40	31:23	162	35:32	109.87	14:50:26	8:06	26	4:30:28	89	4:39:31	
VP19 - Schönwal	5.95	1:11:01	11:56	38	32:50	156	35:45	115.82	16:01:27	8:18	30	4:59:30	96	5:15:16	
VP20 - Grenzturn	7.60	1:23:16	10:57	33	36:15	132	40:05	123.42	17:24:43	8:27	30	5:26:51	104	5:55:21	
VP21 - Ruderclub	4.78	1:17:19	16:10	42	44:49	175	50:04	128.20	18:42:02	8:45	31	6:05:47	113	6:45:25	
VP22 - Frohnau	4.07	43:09	10:36	28	16:00	108	18:40	132.27	19:25:11	8:48	32	6:20:35	114	7:03:59	
VP23 - Naturschu	6.61	1:24:25	12:46	40	37:40	161	44:46	138.88	20:49:36	8:59	32	6:56:21	115	7:47:18	
VP24 - Oranienbu	4.98	43:10	8:40	11	10:49	27	13:24	143.86	21:32:46	8:59	32	6:59:02	111	7:59:47	
VP25 - Laufftreff l	5.34	1:03:17	11:51	35	33:20	148	33:20	149.20	22:36:03	9:05	32	7:11:44	107	8:30:14	
VP26 - Wilhelmsr	5.72	1:08:27	11:58	38	34:55	176	36:19	154.92	23:44:30	9:11	32	7:28:36	110	9:06:03	
VP27 - Wollankst	3.02	40:55	13:32	35	22:33	154	31:20	157.94	24:25:25	9:16	32	7:38:10	111	16:54:16	
Friedrich-Ludwig	3.96	48:37	12:16	41	28:12	188	28:12	161.90	25:14:02	9:21	33	8:01:16	113	9:53:14	