



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

□□□□

Sommer, Norbert

□□: TuS Altenberge 09

□□: 209

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 25:32:18

□□: 6.30 km/h

□□□□: 9:28 min/km

□□□□□/□□□□: 143 (of 319)

□□□□□/□: 118 (of 257)

□□□□□□: 15:20:48

□□□□□: 24(of 50)

□□□□□□□: 15:44:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
VP1 - Brandenbu	7.30	51:24	7:02	35	14:23	178	18:07	7.30	51:24	7:02	35	14:23	178	18:07
VP2 - East Side C	6.46	46:27	7:11	33	14:07	160	16:21	13.76	1:37:51	7:06	34	28:30	164	34:13
VP3 - Dammweg	5.90	42:43	7:14	36	12:40	173	15:08	19.66	2:20:34	7:08	34	41:10	167	47:53
VP4 - Johannisth	5.64	41:23	7:20	33	12:38	158	14:48	25.30	3:01:57	7:11	35	53:48	160	1:02:41
VP5 - U-Bahnhof	5.90	46:05	7:48	37	15:04	184	17:11	31.20	3:48:02	7:18	36	1:08:52	165	1:19:30
VP6 - Buckow	4.92	36:30	7:25	26	9:55	128	11:52	36.12	4:24:32	7:19	34	1:18:43	154	1:31:22
VP7 - Kirchhainer	6.17	46:47	7:34	26	12:07	121	15:43	42.29	5:11:19	7:21	34	1:30:45	148	1:47:05
VP8 - Lichtenradi	4.37	31:03	7:06	15	6:50	92	8:58	46.66	5:42:22	7:20	30	1:36:37	141	1:56:03
VP9 - Osdorfer St	5.71	38:35	6:45	12	7:58	67	9:03	52.37	6:20:57	7:16	28	1:37:23	134	2:05:06
VP10 - Sportplatz	6.50	58:49	9:02	16	22:16	96	23:59	58.87	7:19:46	7:28	23	1:48:15	119	2:29:05
VP11 - Königsw	6.22	48:15	7:45	10	9:44	62	14:05	65.09	8:08:01	7:29	21	1:57:51	113	2:35:48
VP12 - Gedenkst	6.85	1:04:54	9:28	28	26:31	146	26:31	71.94	9:12:55	7:41	20	2:24:22	115	2:58:10
VP13 - Brauhaus	6.88	1:00:49	8:50	16	22:09	92	22:09	78.82	10:13:44	7:47	20	2:46:31	112	3:15:19
VP14 - Revierförs	5.70	53:08	9:19	27	21:04	116	21:04	84.52	11:06:52	7:53	22	3:07:35	113	3:34:07
VP15 - Schloss S	6.24	1:17:44	12:27	31	39:12	147	41:13	90.76	12:24:36	8:12	24	3:46:47	121	4:12:37
VP16 - Pagel & Fi	7.60	1:12:49	9:34	23	29:06	109	29:06	98.36	13:37:25	8:18	24	4:15:53	120	4:37:13
VP17 - Karolinenl	4.91	43:34	8:52	17	15:07	78	15:07	103.27	14:20:59	8:20	22	4:31:00	115	4:49:24
VP18 - Falkensee	6.60	1:08:49	10:25	31	30:27	139	30:27	109.87	15:29:48	8:27	23	5:01:27	119	5:18:53
VP19 - Schönwal	5.95	56:47	9:32	17	21:09	78	21:31	115.82	16:26:35	8:31	24	5:22:36	116	5:40:24
VP20 - Grenzturn	7.60	1:16:50	10:06	20	31:35	98	33:39	123.42	17:43:25	8:36	24	5:54:11	115	6:14:03
VP21 - Ruderclub	4.78	1:03:38	13:18	28	33:12	136	36:23	128.20	18:47:03	8:47	24	6:27:23	117	6:50:26
VP22 - Frohnau	4.07	38:32	9:28	12	14:03	62	14:03	132.27	19:25:35	8:48	24	6:41:26	115	7:04:23
VP23 - Naturschu	6.61	1:13:18	11:05	25	33:39	109	33:39	138.88	20:38:53	8:55	23	7:15:05	113	7:36:35
VP24 - Oranienbu	4.98	59:40	11:58	33	27:53	140	29:54	143.86	21:38:33	9:01	23	7:42:58	114	8:05:34
VP25 - Laufftreff l	5.34	1:03:40	11:55	34	31:48	151	33:43	149.20	22:42:13	9:07	22	8:14:46	112	8:36:24
VP26 - Wilhelmsr	5.72	1:10:16	12:17	40	34:50	184	38:08	154.92	23:52:29	9:14	22	8:49:36	113	9:14:02
VP27 - Wollankst	3.02	45:53	15:11	40	26:40	184	36:18	157.94	24:38:22	9:21	23	9:16:16	115	17:07:13
Friedrich-Ludwig	3.96	53:56	13:37	42	32:02	194	33:31	161.90	25:32:18	9:27	24	9:48:18	118	10:11:30