



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Heibel, Matthias

□□□: 25:57:59

□□: TV Rheinau / Laufschulego4it

□□: 6.20 km/h

□□: 90

□□□□: 9:37 min/km

□□: 161.90 km

□□□□□/□□□: 152 (of 319)

100MeilenBerlin

□□□□□/□: 126 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 26(of 50)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:44:00

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Brandenbu	7.30	51:55	7:06	38	14:54	186	18:38	7.30	51:55	7:06	38	14:54	186	18:38
VP2 - East Side C	6.46	46:17	7:09	32	13:57	157	16:11	13.76	1:38:12	7:08	37	28:51	172	34:34
VP3 - Dammweg	5.90	42:28	7:11	33	12:25	164	14:53	19.66	2:20:40	7:09	35	41:16	169	47:59
VP4 - Johannisth	5.64	40:33	7:11	26	11:48	140	13:58	25.30	3:01:13	7:09	33	53:04	156	1:01:57
VP5 - U-Bahnhof	5.90	43:15	7:19	25	12:14	134	14:21	31.20	3:44:28	7:11	32	1:05:18	151	1:15:56
VP6 - Buckow	4.92	37:01	7:31	27	10:26	132	12:23	36.12	4:21:29	7:14	32	1:15:40	146	1:28:19
VP7 - Kirchhainer	6.17	47:18	7:39	29	12:38	128	16:14	42.29	5:08:47	7:18	29	1:28:13	141	1:44:33
VP8 - Lichtenradi	4.37	33:19	7:37	29	9:06	131	11:14	46.66	5:42:06	7:19	29	1:36:21	140	1:55:47
VP9 - Osdorfer St	5.71	46:05	8:04	38	15:28	174	16:33	52.37	6:28:11	7:24	32	1:44:37	144	2:12:20
VP10 - Sportplatz	6.50	1:01:10	9:24	19	24:37	112	26:20	58.87	7:29:21	7:37	29	1:57:50	134	2:38:40
VP11 - Königswe	6.22	55:02	8:50	24	16:31	124	20:52	65.09	8:24:23	7:44	29	2:14:13	131	2:52:10
VP12 - Gedenkst	6.85	58:42	8:34	15	20:19	99	20:19	71.94	9:23:05	7:49	27	2:34:32	128	3:08:20
VP13 - Brauhaus	6.88	1:05:35	9:31	29	26:55	139	26:55	78.82	10:28:40	7:58	28	3:01:27	129	3:30:15
VP14 - Revierförs	5.70	52:50	9:16	26	20:46	113	20:46	84.52	11:21:30	8:03	27	3:22:13	128	3:48:45
VP15 - Schloss S	6.24	1:12:27	11:36	25	33:55	122	35:56	90.76	12:33:57	8:18	26	3:56:08	127	4:21:58
VP16 - Pagel & Fi	7.60	1:12:22	9:31	22	28:39	104	28:39	98.36	13:46:19	8:24	26	4:24:47	127	4:46:07
VP17 - Karolinenl	4.91	46:49	9:32	24	18:22	110	18:22	103.27	14:33:08	8:27	26	4:43:09	125	5:01:33
VP18 - Falkensee	6.60	1:04:34	9:46	26	26:12	117	26:12	109.87	15:37:42	8:32	27	5:09:21	127	5:26:47
VP19 - Schönwal	5.95	1:04:20	10:48	27	28:42	117	29:04	115.82	16:42:02	8:39	27	5:38:03	127	5:55:51
VP20 - Grenzturn	7.60	1:30:17	11:52	31	45:02	152	47:06	123.42	18:12:19	8:51	27	6:23:05	125	6:42:57
VP21 - Ruderclub	4.78	1:02:09	13:00	25	31:43	122	34:54	128.20	19:14:28	9:00	26	6:54:48	123	7:17:51
VP22 - Frohnau	4.07	48:46	11:58	37	24:17	154	24:17	132.27	20:03:14	9:05	27	7:19:05	124	7:42:02
VP23 - Naturschu	6.61	1:20:24	12:09	32	40:45	143	40:45	138.88	21:23:38	9:14	28	7:59:50	126	8:21:20
VP24 - Oranienbu	4.98	1:01:24	12:19	36	29:37	148	31:38	143.86	22:25:02	9:20	28	8:29:27	126	8:52:03
VP25 - Laufftreff l	5.34	1:08:18	12:47	38	36:26	173	38:21	149.20	23:33:20	9:28	27	9:05:53	127	9:27:31
VP26 - Wilhelmsr	5.72	1:03:59	11:11	36	28:33	162	31:51	154.92	24:37:19	9:32	27	9:34:26	128	9:58:52
VP27 - Wollankst	3.02	37:41	12:28	29	18:28	135	28:06	157.94	25:15:00	9:35	27	9:52:54	129	17:43:51
Friedrich-Ludwig	3.96	42:59	10:51	34	21:05	155	22:34	161.90	25:57:59	9:37	26	10:13:59	126	10:37:11