



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

0000

Laig, Uwe

00: TV Hohne

00: 134

00: 161.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 28:45:05

00: 5.60 km/h

0000: 10:40 min/km

00000/0000: 213 (of 319)

00000/0: 172 (of 257)

000000: 15:20:48

00000: 21(of 32)

0000000: 16:39:21

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000	00 km	00 00 min/km	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0	
VP1 - Brandenbu	7.30	57:01	7:48	28	17:20	225	23:44	7.30	57:01	7:48	28	17:20	225	23:44
VP2 - East Side G	6.46	57:16	8:51	28	22:58	234	27:10	13.76	1:54:17	8:18	28	40:18	228	50:39
VP3 - Dammweg	5.90	48:43	8:15	27	16:23	223	21:08	19.66	2:43:00	8:17	28	56:41	226	1:10:19
VP4 - Johannisth	5.64	47:49	8:28	25	17:49	216	21:14	25.30	3:30:49	8:19	26	1:14:30	227	1:31:33
VP5 - U-Bahnhof	5.90	54:36	9:15	26	22:51	225	25:42	31.20	4:25:25	8:30	26	1:37:21	229	1:56:53
VP6 - Buckow	4.92	47:06	9:34	25	19:27	221	22:28	36.12	5:12:31	8:39	26	1:56:16	230	2:19:21
VP7 - Kirchhainer	6.17	56:55	9:13	23	23:20	211	25:51	42.29	6:09:26	8:44	26	2:17:54	228	2:45:12
VP8 - Lichtenradi	4.37	43:55	10:02	26	20:15	230	21:50	46.66	6:53:21	8:51	25	2:38:09	227	3:07:02
VP9 - Osdorfer St	5.71	51:18	8:59	25	20:50	213	21:46	52.37	7:44:39	8:52	28	2:58:50	227	3:28:48
VP10 - Sportplatz	6.50	1:16:57	11:50	24	40:37	179	42:07	58.87	9:01:36	9:11	26	3:34:33	220	4:10:55
VP11 - Königswe	6.22	1:01:20	9:51	17	24:08	183	27:10	65.09	10:02:56	9:15	24	3:58:41	215	4:30:43
VP12 - Gedenkst	6.85	1:11:38	10:27	23	30:46	191	33:15	71.94	11:14:34	9:22	24	4:29:27	214	4:59:49
VP13 - Brauhaus	6.88	1:16:53	11:10	22	35:26	199	38:13	78.82	12:31:27	9:32	24	5:04:53	213	5:33:02
VP14 - Revierförs	5.70	57:14	10:02	18	22:48	158	25:10	84.52	13:28:41	9:34	24	5:27:41	206	5:55:56
VP15 - Schloss S	6.24	1:28:40	14:12	19	48:47	177	52:09	90.76	14:57:21	9:53	24	6:16:28	207	6:45:22
VP16 - Pagel & Fi	7.60	1:19:11	10:25	16	31:41	147	35:28	98.36	16:16:32	9:55	25	6:48:09	206	7:16:20
VP17 - Karolinenl	4.91	53:16	10:50	17	21:46	160	24:49	103.27	17:09:48	9:58	23	7:09:55	198	7:38:13
VP18 - Falkensee	6.60	1:17:01	11:40	19	34:19	172	38:39	109.87	18:26:49	10:04	22	7:44:14	194	8:15:54
VP19 - Schönwal	5.95	1:06:09	11:07	15	26:22	131	30:53	115.82	19:32:58	10:07	22	8:10:36	190	8:46:47
VP20 - Grenzturn	7.60	1:32:31	12:10	19	40:45	161	49:20	123.42	21:05:29	10:15	22	8:51:21	186	9:36:07
VP21 - Ruderclub	4.78	1:02:42	13:07	15	29:25	130	35:27	128.20	22:08:11	10:21	20	9:20:46	176	10:11:34
VP22 - Frohnau	4.07	47:10	11:35	15	18:45	141	22:41	132.27	22:55:21	10:23	19	9:39:31	172	10:34:09
VP23 - Naturschu	6.61	1:18:21	11:51	17	34:36	137	38:42	138.88	24:13:42	10:28	20	10:14:07	172	11:11:24
VP24 - Oranienbu	4.98	1:03:54	12:49	19	29:32	162	34:08	143.86	25:17:36	10:32	20	10:43:39	171	11:44:37
VP25 - Laufftreff l	5.34	1:06:03	12:22	17	27:40	162	36:06	149.20	26:23:39	10:36	20	11:11:19	172	12:17:50
VP26 - Wilhelmsr	5.72	59:17	10:21	13	23:48	129	27:09	154.92	27:22:56	10:36	20	11:35:07	172	12:44:29
VP27 - Wollankst	3.02	42:18	14:00	19	17:27	166	32:43	157.94	28:05:14	10:40	21	11:52:34	173	20:34:05
Friedrich-Ludwig	3.96	39:51	10:03	14	13:10	129	19:26	161.90	28:45:05	10:39	21	12:05:44	172	13:24:17