



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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leißner, michael

□□: laufSinn Ulm

□□: 260

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 28:49:14

□□: 5.59 km/h

□□□□: 10:41 min/km

□□□□□/□□□□: 219 (of 319)

□□□□□/□: 176 (of 257)

□□□□□□: 15:20:48

□□□□□: 21(of 34)

□□□□□□□: 16:12:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Brandenbu	7.30	52:15	7:09	23	18:58	193	18:58	7.30	52:15	7:09	23	18:58	193	18:58
VP2 - East Side G	6.46	50:58	7:53	24	20:37	204	20:52	13.76	1:43:13	7:30	24	39:35	201	39:35
VP3 - Dammweg	5.90	44:01	7:27	23	14:06	192	16:26	19.66	2:27:14	7:29	24	53:41	197	54:33
VP4 - Johannisth	5.64	40:57	7:15	18	12:47	148	14:22	25.30	3:08:11	7:26	22	1:05:42	186	1:08:55
VP5 - U-Bahnhof	5.90	44:17	7:30	20	13:38	151	15:23	31.20	3:52:28	7:27	22	1:17:22	180	1:23:56
VP6 - Buckow	4.92	39:13	7:58	22	13:20	163	14:35	36.12	4:31:41	7:31	20	1:29:11	176	1:38:31
VP7 - Kirchhainer	6.17	51:50	8:24	23	19:01	176	20:46	42.29	5:23:31	7:38	20	1:45:07	172	1:59:17
VP8 - Lichtenradi	4.37	37:12	8:30	25	14:18	194	15:07	46.66	6:00:43	7:43	20	1:58:20	172	2:14:24
VP9 - Osdorfer St	5.71	44:50	7:51	22	14:18	159	15:18	52.37	6:45:33	7:44	20	2:11:27	169	2:29:42
VP10 - Sportplatz	6.50	1:22:04	12:37	23	46:40	197	47:14	58.87	8:07:37	8:16	22	2:54:44	181	3:16:56
VP11 - Königsw	6.22	55:02	8:50	18	18:46	124	20:52	65.09	9:02:39	8:20	22	3:13:30	172	3:30:26
VP12 - Gedenkst	6.85	1:07:24	9:50	22	27:55	165	29:01	71.94	10:10:03	8:28	22	3:41:25	173	3:55:18
VP13 - Brauhaus	6.88	1:10:36	10:15	24	31:28	170	31:56	78.82	11:20:39	8:38	22	4:12:53	174	4:22:14
VP14 - Revierförs	5.70	59:05	10:21	22	24:08	177	27:01	84.52	12:19:44	8:45	22	4:37:01	170	4:46:59
VP15 - Schloss S	6.24	1:50:53	17:46	26	1:11:05	207	1:14:22	90.76	14:10:37	9:22	23	5:43:16	185	5:58:38
VP16 - Pagel & Fi	7.60	1:27:55	11:34	23	38:36	181	44:12	98.36	15:38:32	9:32	24	6:21:52	188	6:38:20
VP17 - Karolinenl	4.91	57:35	11:43	24	27:23	175	29:08	103.27	16:36:07	9:38	23	6:49:15	183	7:04:32
VP18 - Falkensee	6.60	1:21:34	12:21	26	41:25	183	43:12	109.87	17:57:41	9:48	24	7:27:05	186	7:46:46
VP19 - Schönwal	5.95	1:21:02	13:37	22	39:32	181	45:46	115.82	19:18:43	10:00	23	8:05:18	183	8:32:32
VP20 - Grenzturn	7.60	1:38:19	12:56	21	45:03	178	55:08	123.42	20:57:02	10:11	22	8:50:21	178	9:27:40
VP21 - Ruderclub	4.78	1:10:16	14:42	23	37:18	160	43:01	128.20	22:07:18	10:21	23	9:22:19	175	10:10:41
VP22 - Frohnau	4.07	1:03:02	15:29	24	35:59	196	38:33	132.27	23:10:20	10:30	23	9:58:18	183	10:49:08
VP23 - Naturschu	6.61	1:17:49	11:46	18	37:14	131	38:10	138.88	24:28:09	10:34	22	10:35:32	179	11:25:51
VP24 - Oranienbu	4.98	1:03:08	12:40	18	33:22	158	33:22	143.86	25:31:17	10:38	22	11:08:54	178	11:58:18
VP25 - Laufftreff l	5.34	1:01:24	11:29	17	27:45	133	31:27	149.20	26:32:41	10:40	21	11:36:39	176	12:26:52
VP26 - Wilhelmsr	5.72	56:44	9:55	17	24:36	113	24:36	154.92	27:29:25	10:38	21	12:01:15	175	12:50:58
VP27 - Wollankst	3.02	44:37	14:46	21	22:13	177	35:02	157.94	28:14:02	10:43	21	12:23:28	176	20:42:53
Friedrich-Ludwig	3.96	35:12	8:53	12	13:05	93	14:47	161.90	28:49:14	10:40	21	12:36:33	176	13:28:26