



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Prause, Christel

□□: streakrunner.de/TEA

□□: 84

□□: 161.90 km

100MeilenBerlin

□□□□:

Seniorinnen W60 (60-64 Jahre)

□□□: 29:20:54

□□: 5.49 km/h

□□□□: 10:53 min/km

□□□□□/□□□□: 230 (of 319)

□□□□□/□: 46 (of 62)

□□□□□□: 17:03:32

□□□□□: 3(of 3)

□□□□□□□: 25:29:02

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