



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Riegel, Christian

00: Regina

00: 176

00: 161.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 29:26:43

00: 5.47 km/h

0000: 10:55 min/km

00000/0000: 233 (of 319)

00000/0: 186 (of 257)

000000: 15:20:48

00000: 41(of 59)

0000000: 17:12:46

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Brandenbu	7.30	1:02:22	8:32	53	27:31	233	29:05	7.30	1:02:22	8:32	53	27:31	233	29:05
VP2 - East Side G	6.46	54:14	8:23	53	24:08	221	24:08	13.76	1:56:36	8:28	53	51:32	232	52:58
VP3 - Dammweg	5.90	49:42	8:25	53	22:07	229	22:07	19.66	2:46:18	8:27	53	1:13:37	232	1:13:37
VP4 - Johannisth	5.64	48:13	8:32	52	21:38	218	21:38	25.30	3:34:31	8:28	53	1:35:15	231	1:35:15
VP5 - U-Bahnhof	5.90	51:41	8:45	53	22:47	218	22:47	31.20	4:26:12	8:31	53	1:57:40	231	1:57:40
VP6 - Buckow	4.92	43:24	8:49	51	18:46	202	18:46	36.12	5:09:36	8:34	54	2:16:26	228	2:16:26
VP7 - Kirchhainer	6.17	57:36	9:20	50	26:32	214	26:32	42.29	6:07:12	8:40	53	2:42:58	227	2:42:58
VP8 - Lichtenradi	4.37	39:41	9:04	51	17:36	208	17:36	46.66	6:46:53	8:43	53	3:00:34	224	3:00:34
VP9 - Osdorfer St	5.71	1:00:14	10:32	53	30:42	230	30:42	52.37	7:47:07	8:55	53	3:31:16	230	3:31:16
VP10 - Sportplatz	6.50	1:23:21	12:49	49	48:31	202	48:31	58.87	9:10:28	9:21	52	4:19:47	225	4:19:47
VP11 - Königswe	6.22	1:12:28	11:39	49	37:23	219	38:18	65.09	10:22:56	9:34	51	4:50:43	221	4:50:43
VP12 - Gedenkst	6.85	1:19:12	11:33	49	38:39	215	40:49	71.94	11:42:08	9:45	50	5:27:23	218	5:27:23
VP13 - Brauhaus	6.88	1:13:52	10:44	46	31:23	190	35:12	78.82	12:56:00	9:50	49	5:57:35	216	5:57:35
VP14 - Revierförs	5.70	1:06:24	11:38	45	32:04	203	34:20	84.52	14:02:24	9:58	48	6:29:39	211	6:29:39
VP15 - Schloss S	6.24	1:44:26	16:44	45	1:05:12	202	1:07:55	90.76	15:46:50	10:25	48	7:34:51	210	7:34:51
VP16 - Pagel & Fi	7.60	1:21:03	10:39	40	32:50	158	37:20	98.36	17:07:53	10:27	47	8:07:41	212	8:07:41
VP17 - Karolinenl	4.91	53:03	10:48	37	21:22	158	24:36	103.27	18:00:56	10:28	45	8:27:47	205	8:29:21
VP18 - Falkensee	6.60	1:16:46	11:37	41	34:15	169	38:24	109.87	19:17:42	10:32	44	8:57:44	204	9:06:47
VP19 - Schönwal	5.95	1:15:58	12:46	42	37:47	171	40:42	115.82	20:33:40	10:39	44	9:31:43	202	9:47:29
VP20 - Grenzturn	7.60	1:28:19	11:37	40	41:18	147	45:08	123.42	22:01:59	10:42	41	10:04:07	197	10:32:37
VP21 - Ruderclub	4.78	52:54	11:04	24	20:24	80	25:39	128.20	22:54:53	10:43	41	10:18:38	197	10:58:16
VP22 - Frohnau	4.07	47:36	11:41	36	20:27	148	23:07	132.27	23:42:29	10:45	41	10:37:53	195	11:21:17
VP23 - Naturschu	6.61	1:17:57	11:47	33	31:12	133	38:18	138.88	25:00:26	10:48	41	11:07:11	194	11:58:08
VP24 - Oranienbu	4.98	1:02:35	12:34	38	30:14	155	32:49	143.86	26:03:01	10:51	41	11:29:17	193	12:30:02
VP25 - Laufftreff l	5.34	1:01:41	11:33	34	31:44	135	31:44	149.20	27:04:42	10:53	41	11:40:23	190	12:58:53
VP26 - Wilhelmsr	5.72	1:03:02	11:01	34	29:30	154	30:54	154.92	28:07:44	10:53	42	11:51:50	189	13:29:17
VP27 - Wollankst	3.02	37:19	12:21	29	18:57	129	27:44	157.94	28:45:03	10:55	41	11:57:48	186	21:13:54
Friedrich-Ludwig	3.96	41:40	10:31	29	21:15	143	21:15	161.90	29:26:43	10:54	41	12:13:57	186	14:05:55