



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Geske, Michael

□□□: 19:20:08

□□: LSF Münster

□□: 8.33 km/h

□□: 193

□□□□: 7:10 min/km

□□: 161.90 km

□□□□□/□□□□: 21 (of 319)

100MeilenBerlin

□□□□□/□: 17 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 3(of 32)

Senioren M55 (55-59 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Brandenbu	7.30	44:02	6:01	5	4:21	44	10:45	7.30	44:02	6:01	5	4:21	44	10:45
VP2 - East Side G	6.46	37:42	5:50	4	3:24	38	7:36	13.76	1:21:44	5:56	5	7:45	47	18:06
VP3 - Dammweg	5.90	33:15	5:38	3	0:55	22	5:40	19.66	1:54:59	5:50	5	8:40	40	22:18
VP4 - Johannisth	5.64	32:39	5:47	4	2:39	28	6:04	25.30	2:27:38	5:50	5	11:19	35	28:22
VP5 - U-Bahnhof	5.90	35:04	5:56	4	3:19	29	6:10	31.20	3:02:42	5:51	4	14:38	31	34:10
VP6 - Buckow	4.92	28:51	5:51	3	1:12	19	4:13	36.12	3:31:33	5:51	4	15:18	29	38:23
VP7 - Kirchhainer	6.17	35:15	5:42	2	1:40	13	4:11	42.29	4:06:48	5:50	3	15:16	23	42:34
VP8 - Lichtenradi	4.37	25:38	5:51	4	1:58	19	3:33	46.66	4:32:26	5:50	3	17:14	22	46:07
VP9 - Osdorfer St	5.71	33:18	5:49	3	2:50	19	3:46	52.37	5:05:44	5:50	3	19:55	21	49:53
VP10 - Sportplatz	6.50	39:49	6:07	2	3:29	10	4:59	58.87	5:45:33	5:52	3	18:30	18	54:52
VP11 - Königsw	6.22	43:00	6:54	4	5:48	23	8:50	65.09	6:28:33	5:58	3	24:18	17	56:20
VP12 - Gedenkst	6.85	53:13	7:46	6	12:21	58	14:50	71.94	7:21:46	6:08	3	36:39	19	1:07:01
VP13 - Brauhaus	6.88	49:48	7:14	3	8:21	24	11:08	78.82	8:11:34	6:14	3	45:00	19	1:13:09
VP14 - Revierförs	5.70	39:07	6:51	2	4:41	9	7:03	84.52	8:50:41	6:16	3	49:41	19	1:17:56
VP15 - Schloss S	6.24	45:36	7:18	2	5:43	13	9:05	90.76	9:36:17	6:20	3	55:24	17	1:24:18
VP16 - Pagel & Fi	7.60	1:04:10	8:26	4	16:40	49	20:27	98.36	10:40:27	6:30	3	1:12:04	20	1:40:15
VP17 - Karolinenl	4.91	33:09	6:45	2	1:39	11	4:42	103.27	11:13:36	6:31	3	1:13:43	18	1:42:01
VP18 - Falkensee	6.60	56:53	8:37	10	14:11	66	18:31	109.87	12:10:29	6:38	3	1:27:54	19	1:59:34
VP19 - Schönwal	5.95	47:34	7:59	4	7:47	29	12:18	115.82	12:58:03	6:43	3	1:35:41	21	2:11:52
VP20 - Grenzturn	7.60	1:10:15	9:14	7	18:29	64	27:04	123.42	14:08:18	6:52	3	1:54:10	21	2:38:56
VP21 - Ruderclub	4.78	36:56	7:43	2	3:39	13	9:41	128.20	14:45:14	6:54	3	1:57:49	20	2:48:37
VP22 - Frohnau	4.07	32:08	7:53	3	3:43	20	7:39	132.27	15:17:22	6:56	3	2:01:32	19	2:56:10
VP23 - Naturschu	6.61	52:30	7:56	3	8:45	22	12:51	138.88	16:09:52	6:59	3	2:10:17	18	3:07:34
VP24 - Oranienbu	4.98	44:59	9:01	4	10:37	36	15:13	143.86	16:54:51	7:03	3	2:20:54	19	3:21:52
VP25 - Laufftreff l	5.34	42:53	8:01	2	4:30	17	12:56	149.20	17:37:44	7:05	3	2:25:24	16	3:31:55
VP26 - Wilhelmsr	5.72	44:09	7:43	2	8:40	34	12:01	154.92	18:21:53	7:06	3	2:34:04	16	3:43:26
VP27 - Wollankst	3.02	28:19	9:22	3	3:28	46	18:44	157.94	18:50:12	7:09	3	2:37:32	18	11:19:03
Friedrich-Ludwig	3.96	29:56	7:33	5	3:15	59	9:31	161.90	19:20:08	7:09	3	2:40:47	17	3:59:20