



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

0000

ruhl, Oliver

00: Morningside Running Club

00: 128

00: 161.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 19:29:51

00: 8.26 km/h

0000: 7:14 min/km

00000/0000: 24 (of 319)

00000/0: 20 (of 257)

000000: 15:20:48

00000: 7(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	50:16	6:53	38	15:25	140	16:59	7.30	50:16	6:53	38	15:25	140	16:59
VP2 - East Side C	6.46	43:08	6:40	32	13:02	119	13:02	13.76	1:33:24	6:47	35	28:20	132	29:46
VP3 - Dammweg	5.90	38:39	6:33	27	11:04	97	11:04	19.66	2:12:03	6:43	32	39:22	120	39:22
VP4 - Johannisth	5.64	33:06	5:52	10	6:31	38	6:31	25.30	2:45:09	6:31	26	45:53	92	45:53
VP5 - U-Bahnhof	5.90	37:19	6:19	15	8:25	51	8:25	31.20	3:22:28	6:29	23	53:56	83	53:56
VP6 - Buckow	4.92	27:59	5:41	5	3:21	15	3:21	36.12	3:50:27	6:22	18	57:17	62	57:17
VP7 - Kirchhainer	6.17	38:49	6:17	11	7:45	35	7:45	42.29	4:29:16	6:22	17	1:05:02	56	1:05:02
VP8 - Lichtenradi	4.37	23:39	5:24	3	1:34	5	1:34	46.66	4:52:55	6:16	15	1:06:36	51	1:06:36
VP9 - Osdorfer St	5.71	31:44	5:33	5	2:12	14	2:12	52.37	5:24:39	6:11	12	1:08:48	43	1:08:48
VP10 - Sportplatz	6.50	45:57	7:04	11	11:07	32	11:07	58.87	6:10:36	6:17	12	1:19:55	41	1:19:55
VP11 - Königswe	6.22	41:45	6:42	6	6:40	20	7:35	65.09	6:52:21	6:20	8	1:20:08	32	1:20:08
VP12 - Gedenkst	6.85	50:37	7:23	11	10:04	35	12:14	71.94	7:42:58	6:26	8	1:28:13	29	1:28:13
VP13 - Brauhaus	6.88	45:15	6:34	4	2:46	12	6:35	78.82	8:28:13	6:26	8	1:29:48	28	1:29:48
VP14 - Revierförs	5.70	40:30	7:06	6	6:10	13	8:26	84.52	9:08:43	6:29	8	1:35:58	26	1:35:58
VP15 - Schloss S	6.24	48:19	7:44	7	9:05	17	11:48	90.76	9:57:02	6:34	8	1:45:03	23	1:45:03
VP16 - Pagel & Fi	7.60	1:08:22	8:59	22	20:09	76	24:39	98.36	11:05:24	6:45	8	2:05:12	24	2:05:12
VP17 - Karolinenl	4.91	37:16	7:35	11	5:35	33	8:49	103.27	11:42:40	6:48	8	2:09:31	24	2:11:05
VP18 - Falkensee	6.60	47:32	7:12	6	5:01	15	9:10	109.87	12:30:12	6:49	8	2:10:14	25	2:19:17
VP19 - Schönwal	5.95	46:43	7:51	9	8:32	22	11:27	115.82	13:16:55	6:52	8	2:14:58	24	2:30:44
VP20 - Grenzturn	7.60	59:13	7:47	8	12:12	23	16:02	123.42	14:16:08	6:56	8	2:18:16	25	2:46:46
VP21 - Ruderclub	4.78	40:25	8:27	10	7:55	28	13:10	128.20	14:56:33	6:59	7	2:20:18	22	2:59:56
VP22 - Frohnau	4.07	32:16	7:55	8	5:07	22	7:47	132.27	15:28:49	7:01	7	2:24:13	23	3:07:37
VP23 - Naturschu	6.61	58:34	8:51	16	11:49	42	18:55	138.88	16:27:23	7:06	7	2:34:08	23	3:25:05
VP24 - Oranienbu	4.98	43:47	8:47	14	11:26	31	14:01	143.86	17:11:10	7:10	7	2:37:26	22	3:38:11
VP25 - Laufftreff l	5.34	45:25	8:30	10	15:28	31	15:28	149.20	17:56:35	7:12	7	2:32:16	21	3:50:46
VP26 - Wilhelmsr	5.72	36:25	6:21	4	2:53	8	4:17	154.92	18:33:00	7:11	7	2:17:06	20	3:54:33
VP27 - Wollankst	3.02	27:14	9:01	14	8:52	38	17:39	157.94	19:00:14	7:13	7	2:12:59	21	11:29:05
Friedrich-Ludwig	3.96	29:37	7:28	17	9:12	53	9:12	161.90	19:29:51	7:13	7	2:17:05	20	4:09:03