



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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heinkelein, Michael

000: 19:33:29

00: LG Mauerweg Berlin e.V

00: 8.23 km/h

00: 328

0000: 7:15 min/km

00: 161.90 km

00000/000: 25 (of 319)

100MeilenBerlin

00000/0: 21 (of 257)

000000: 15:20:48

0000:

00000: 5(of 34)

Senioren M35 (35-39 Jahre)

0000000: 16:12:41

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Brandenbu	7.30	42:26	5:48	4	9:09	28	9:09	7.30	42:26	5:48	4	9:09	28	9:09
VP2 - East Side C	6.46	34:56	5:24	4	4:35	13	4:50	13.76	1:17:22	5:37	4	13:44	17	13:44
VP3 - Dammweg	5.90	31:59	5:25	3	2:04	14	4:24	19.66	1:49:21	5:33	4	15:48	18	16:40
VP4 - Johannisth	5.64	30:56	5:29	4	2:46	17	4:21	25.30	2:20:17	5:32	4	17:48	17	21:01
VP5 - U-Bahnhof	5.90	35:04	5:56	5	4:25	29	6:10	31.20	2:55:21	5:37	4	20:15	17	26:49
VP6 - Buckow	4.92	31:34	6:24	9	5:41	54	6:56	36.12	3:26:55	5:43	5	24:25	21	33:45
VP7 - Kirchhainer	6.17	40:04	6:29	7	7:15	46	9:00	42.29	4:06:59	5:50	5	28:35	24	42:45
VP8 - Lichtenradi	4.37	28:13	6:27	8	5:19	50	6:08	46.66	4:35:12	5:53	5	32:49	25	48:53
VP9 - Osdorfer St	5.71	35:29	6:12	6	4:57	35	5:57	52.37	5:10:41	5:55	5	36:35	27	54:50
VP10 - Sportplatz	6.50	45:37	7:01	8	10:13	29	10:47	58.87	5:56:18	6:03	5	43:25	23	1:05:37
VP11 - Königswe	6.22	40:17	6:28	3	4:01	15	6:07	65.09	6:36:35	6:05	5	47:26	19	1:04:22
VP12 - Gedenkst	6.85	49:10	7:10	6	9:41	29	10:47	71.94	7:25:45	6:11	5	57:07	20	1:11:00
VP13 - Brauhaus	6.88	50:46	7:22	6	11:38	30	12:06	78.82	8:16:31	6:17	5	1:08:45	21	1:18:06
VP14 - Revierförs	5.70	45:50	8:02	7	10:53	44	13:46	84.52	9:02:21	6:25	5	1:19:38	22	1:29:36
VP15 - Schloss S	6.24	52:26	8:24	5	12:38	27	15:55	90.76	9:54:47	6:33	5	1:27:26	22	1:42:48
VP16 - Pagel & Fi	7.60	1:03:08	8:18	7	13:49	43	19:25	98.36	10:57:55	6:41	5	1:41:15	23	1:57:43
VP17 - Karolinenl	4.91	36:17	7:23	5	6:05	24	7:50	103.27	11:34:12	6:43	5	1:47:20	23	2:02:37
VP18 - Falkensee	6.60	49:08	7:26	6	8:59	25	10:46	109.87	12:23:20	6:45	5	1:52:44	23	2:12:25
VP19 - Schönwal	5.95	51:13	8:36	8	9:43	49	15:57	115.82	13:14:33	6:51	5	2:01:08	23	2:28:22
VP20 - Grenzturn	7.60	57:54	7:37	4	4:38	18	14:43	123.42	14:12:27	6:54	5	2:05:46	23	2:43:05
VP21 - Ruderclub	4.78	44:12	9:14	8	11:14	34	16:57	128.20	14:56:39	6:59	5	2:11:40	23	3:00:02
VP22 - Frohnau	4.07	29:44	7:18	3	2:41	11	5:15	132.27	15:26:23	7:00	5	2:14:21	21	3:05:11
VP23 - Naturschu	6.61	47:52	7:14	3	7:17	11	8:13	138.88	16:14:15	7:00	5	2:21:38	19	3:11:57
VP24 - Oranienbu	4.98	37:34	7:32	3	7:48	12	7:48	143.86	16:51:49	7:02	5	2:29:26	18	3:18:50
VP25 - Laufftreff l	5.34	56:08	10:30	13	22:29	95	26:11	149.20	17:47:57	7:09	5	2:51:55	18	3:42:08
VP26 - Wilhelmsr	5.72	46:48	8:10	7	14:40	59	14:40	154.92	18:34:45	7:11	5	3:06:35	21	3:56:18
VP27 - Wollankst	3.02	34:03	11:16	13	11:39	99	24:28	157.94	19:08:48	7:16	5	3:18:14	22	11:37:39
Friedrich-Ludwig	3.96	24:41	6:13	5	2:34	18	4:16	161.90	19:33:29	7:14	5	3:20:48	21	4:12:41