



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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KRAUSS, Axel

□□: Podofactum München

□□: 114

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 20:11:20

□□: 7.97 km/h

□□□□: 7:29 min/km

□□□□□/□□□□: 126 (of 459)

□□□□□/□: 58 (of 302)

□□□□□□: 13:39:56

□□□□□: 20(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	47:44	6:52	56	14:20	171	16:43	6.94	47:44	6:52	56	14:20	171	16:43
VP2 - Laufftreff Li	5.69	38:52	6:49	51	11:37	151	14:47	12.63	1:26:36	6:51	51	25:57	157	31:30
VP3 - Oranienbur	5.74	35:42	6:13	43	9:53	126	11:36	18.37	2:02:18	6:39	52	35:50	146	43:06
VP4 - Naturschut	4.70	36:07	7:41	60	11:00	170	13:41	23.07	2:38:25	6:52	55	46:50	156	56:47
VP5 - Frohnau	6.80	42:39	6:16	33	9:25	97	13:44	29.87	3:21:04	6:43	51	55:16	143	1:10:31
VP6 - Ruderclub	4.06	28:10	6:56	26	6:41	82	10:03	33.93	3:49:14	6:45	47	1:01:57	135	1:20:31
VP7 - Grenzturm	4.75	32:08	6:45	38	8:04	113	10:25	38.68	4:21:22	6:45	45	1:10:01	130	1:30:56
VP8 - Schönwald	7.52	50:00	6:38	37	10:33	109	14:10	46.20	5:11:22	6:44	43	1:19:42	125	1:44:42
VP9 - Falkenseer	5.76	40:42	7:03	26	8:18	79	12:22	51.96	5:52:04	6:46	38	1:27:55	112	1:56:36
VP10 - Karolinenl	6.54	46:54	7:10	30	11:50	86	14:42	58.50	6:38:58	6:49	37	1:38:48	108	2:11:18
VP11 - Pagel & Fi	4.90	35:28	7:14	31	7:34	85	12:25	63.40	7:14:26	6:51	36	1:46:22	105	2:23:43
VP12 - Schloss S	7.62	54:49	7:11	26	11:18	63	17:56	71.02	8:09:15	6:53	32	1:54:15	88	2:41:39
VP13 - Revierförs	6.21	47:01	7:34	36	11:16	98	18:11	77.23	8:56:16	6:56	31	2:03:16	87	2:59:50
VP14 - Brauhaus	6.00	42:11	7:01	28	9:10	80	13:38	83.23	9:38:27	6:57	31	2:11:22	88	3:13:28
VP15 - Gedenkst.	6.90	50:30	7:19	34	10:56	92	17:35	90.13	10:28:57	6:58	31	2:21:48	89	3:31:03
VP16 - Königswe	6.87	54:14	7:53	20	12:35	59	19:29	97.00	11:23:11	7:02	30	2:30:41	85	3:50:32
VP17 - Sportplatz	6.20	53:08	8:34	13	15:21	50	19:23	103.20	12:16:19	7:08	30	2:41:10	82	4:09:55
VP18 - Osdorfer	6.50	49:25	7:36	19	11:36	57	14:58	109.70	13:05:44	7:09	28	2:47:40	76	4:22:36
VP19 - Lichtenra	5.70	49:10	8:37	18	11:16	63	15:00	115.40	13:54:54	7:14	28	2:53:47	75	4:35:49
VP20 - Kirchhain	4.37	32:34	7:27	21	10:43	65	13:44	119.77	14:27:28	7:14	28	3:03:21	75	4:49:33
VP21 - Buckow	6.43	50:07	7:47	19	15:03	59	16:31	126.20	15:17:35	7:16	28	3:15:48	74	5:06:04
VP22 - Rudow	4.90	41:46	8:31	18	11:33	58	15:47	131.10	15:59:21	7:19	26	3:27:21	71	5:21:51
VP23 - Johannistl	5.90	49:37	8:24	17	14:35	55	18:02	137.00	16:48:58	7:21	25	3:41:56	69	5:39:53
VP24 - Dammwe	5.70	45:59	8:04	12	11:43	35	14:48	142.70	17:34:57	7:23	25	3:53:39	66	5:54:12
VP25 - East Side	5.80	49:26	8:31	7	8:55	27	12:29	148.50	18:24:23	7:26	21	4:02:34	59	6:04:10
VP26 - Checkpoir	5.28	31:25	5:57	4	6:22	19	9:52	153.78	18:55:48	7:23	20	4:08:56	58	6:11:32
VP27 - Gedenkst.	3.32	38:16	11:31	17	10:48	53	13:39	157.10	19:34:04	7:28	20	4:15:43	59	6:23:01
Friedrich-Ludwig	4.60	37:16	8:06	19	7:47	57	13:04	161.70	20:11:20	7:29	20	4:23:26	58	6:31:24