



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

□□□□

KORNALEWSKI, Markus

□□□: 22:57:28

□□: Fristads Kansas Running Team

□□: 7.01 km/h

□□: 118

□□□□: 8:31 min/km

□□: 161.70 km

□□□□□/□□□: 202 (of 459)

100MeilenBerlin

□□□□□/□: 114 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 8(of 14)

Senioren M30 (30-34 Jahre)

□□□□□□□: 16:49:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	37:22	5:23	3	0:22	28	6:21	6.94	37:22	5:23	3	0:22	28	6:21
VP2 - Laufftreff Li	5.69	32:02	5:37	3	1:46	34	7:57	12.63	1:09:24	5:29	3	2:04	30	14:18
VP3 - Oranienbur	5.74	30:28	5:18	3	2:30	33	6:22	18.37	1:39:52	5:26	3	4:34	31	20:40
VP4 - Naturschut	4.70	28:09	5:59	2	1:41	27	5:43	23.07	2:08:01	5:32	3	6:15	28	26:23
VP5 - Frohnau	6.80	36:56	5:25	3	1:30	29	8:01	29.87	2:44:57	5:31	3	7:45	28	34:24
VP6 - Ruderclub	4.06	23:17	5:44	2	0:25	26	5:10	33.93	3:08:14	5:32	3	8:10	28	39:31
VP7 - Grenzturm	4.75	26:47	5:38	3	0:27	27	5:04	38.68	3:35:01	5:33	3	8:37	28	44:35
VP8 - Schönwald	7.52	42:21	5:37	1	-	23	6:31	46.20	4:17:22	5:34	3	5:39	29	50:42
VP9 - Falkenseer	5.76	33:47	5:51	2	1:40	22	5:27	51.96	4:51:09	5:36	3	7:19	29	55:41
VP10 - Karolinenl	6.54	37:35	5:44	2	0:13	22	5:23	58.50	5:28:44	5:37	3	5:41	26	1:01:04
VP11 - Pagel & Fi	4.90	29:09	5:56	2	2:12	20	6:06	63.40	5:57:53	5:38	2	7:53	22	1:07:10
VP12 - Schloss S	7.62	46:40	6:07	3	1:37	21	9:47	71.02	6:44:33	5:41	2	9:30	23	1:16:57
VP13 - Revierförs	6.21	43:14	6:57	4	6:12	53	14:24	77.23	7:27:47	5:47	3	15:08	24	1:31:21
VP14 - Brauhaus	6.00	40:44	6:47	4	6:58	59	12:11	83.23	8:08:31	5:52	3	22:06	24	1:43:32
VP15 - Gedenkst.	6.90	48:38	7:02	4	10:05	71	15:43	90.13	8:57:09	5:57	3	32:11	27	1:59:15
VP16 - Königswe	6.87	1:03:55	9:18	9	19:42	127	29:10	97.00	10:01:04	6:11	4	51:53	34	2:28:25
VP17 - Sportplatz	6.20	1:07:28	10:52	6	30:47	119	33:43	103.20	11:08:32	6:28	4	1:22:40	42	3:02:08
VP18 - Osdorfer	6.50	1:06:49	10:16	8	24:53	163	32:22	109.70	12:15:21	6:42	4	1:42:23	45	3:32:13
VP19 - Lichtenrav	5.70	1:00:12	10:33	9	18:16	153	26:02	115.40	13:15:33	6:53	4	1:59:49	54	3:56:28
VP20 - Kirchhain	4.37	41:57	9:35	7	14:27	158	23:07	119.77	13:57:30	6:59	4	2:13:56	59	4:19:35
VP21 - Buckow	6.43	1:06:22	10:19	9	26:06	161	32:46	126.20	15:03:52	7:09	4	2:38:03	65	4:52:21
VP22 - Rudow	4.90	50:33	10:18	9	18:53	142	24:34	131.10	15:54:25	7:16	6	2:56:56	68	5:16:55
VP23 - Johannistl	5.90	1:08:07	11:32	9	29:46	164	36:32	137.00	17:02:32	7:27	7	3:26:42	73	5:53:27
VP24 - Dammwe	5.70	1:06:05	11:35	9	26:35	162	34:54	142.70	18:08:37	7:37	8	3:51:29	79	6:27:52
VP25 - East Side	5.80	1:12:59	12:35	9	30:49	151	36:02	148.50	19:21:36	7:49	8	4:16:08	80	7:01:23
VP26 - Checkpoir	5.28	1:10:59	13:26	13	40:34	217	49:26	153.78	20:32:35	8:00	8	4:54:45	92	7:48:19
VP27 - Gedenkst.	3.32	59:09	17:48	10	27:23	199	34:32	157.10	21:31:44	8:13	8	5:17:07	99	8:20:41
Friedrich-Ludwig	4.60	1:25:44	18:38	13	56:37	218	1:01:32	161.70	22:57:28	8:31	8	6:08:24	114	9:17:32