



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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NIENDORF, Heiko

□□□: 20:52:05

□□: Laufen gegen Leiden e.V.

□□: 7.75 km/h

□□: 146

□□□□: 7:45 min/km

□□: 161.70 km

□□□□□/□□□□: 138 (of 459)

100MeilenBerlin

□□□□□/□: 66 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 24(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	39:19	5:39	12	5:55	48	8:18	6.94	39:19	5:39	12	5:55	48	8:18
VP2 - Laufftreff Li	5.69	31:50	5:35	8	4:35	31	7:45	12.63	1:11:09	5:38	10	10:30	37	16:03
VP3 - Oranienbur	5.74	30:25	5:17	7	4:36	32	6:19	18.37	1:41:34	5:31	10	15:06	37	22:22
VP4 - Naturschut	4.70	28:53	6:08	9	3:46	39	6:27	23.07	2:10:27	5:39	9	18:52	36	28:49
VP5 - Frohnau	6.80	37:16	5:28	8	4:02	33	8:21	29.87	2:47:43	5:36	9	21:55	34	37:10
VP6 - Ruderclub	4.06	23:37	5:49	6	2:08	28	5:30	33.93	3:11:20	5:38	9	24:03	33	42:37
VP7 - Grenzturm	4.75	27:03	5:41	6	2:59	30	5:20	38.68	3:38:23	5:38	8	27:02	33	47:57
VP8 - Schönwald	7.52	40:59	5:26	3	1:32	15	5:09	46.20	4:19:22	5:36	8	27:42	31	52:42
VP9 - Falkenseer	5.76	38:41	6:42	19	6:17	58	10:21	51.96	4:58:03	5:44	9	33:54	37	1:02:35
VP10 - Karolinenl	6.54	43:52	6:42	18	8:48	55	11:40	58.50	5:41:55	5:50	9	41:45	36	1:14:15
VP11 - Pagel & Fi	4.90	36:23	7:25	33	8:29	100	13:20	63.40	6:18:18	5:58	9	50:14	39	1:27:35
VP12 - Schloss S	7.62	53:37	7:02	21	10:06	54	16:44	71.02	7:11:55	6:04	9	56:55	39	1:44:19
VP13 - Revierförs	6.21	44:18	7:08	23	8:33	65	15:28	77.23	7:56:13	6:09	9	1:03:13	40	1:59:47
VP14 - Brauhaus	6.00	41:24	6:53	23	8:23	69	12:51	83.23	8:37:37	6:13	11	1:10:32	41	2:12:38
VP15 - Gedenkst.	6.90	48:30	7:01	28	8:56	69	15:35	90.13	9:26:07	6:16	11	1:18:58	42	2:28:13
VP16 - Königswe	6.87	1:00:34	8:48	36	18:55	93	25:49	97.00	10:26:41	6:27	13	1:34:11	45	2:54:02
VP17 - Sportplatz	6.20	1:08:20	11:01	36	30:33	124	34:35	103.20	11:35:01	6:44	19	1:59:52	56	3:28:37
VP18 - Osdorfer	6.50	56:18	8:39	34	18:29	113	21:51	109.70	12:31:19	6:50	19	2:13:15	56	3:48:11
VP19 - Lichtenra	5.70	50:04	8:47	22	12:10	69	15:54	115.40	13:21:23	6:56	20	2:20:16	59	4:02:18
VP20 - Kirchhain	4.37	40:07	9:10	48	18:16	142	21:17	119.77	14:01:30	7:01	22	2:37:23	61	4:23:35
VP21 - Buckow	6.43	53:20	8:17	23	18:16	73	19:44	126.20	14:54:50	7:05	21	2:53:03	60	4:43:19
VP22 - Rudow	4.90	44:04	8:59	31	13:51	84	18:05	131.10	15:38:54	7:09	21	3:06:54	60	5:01:24
VP23 - Johannistl	5.90	50:12	8:30	20	15:10	59	18:37	137.00	16:29:06	7:13	21	3:22:04	60	5:20:01
VP24 - Dammwe	5.70	1:01:37	10:48	44	27:21	136	30:26	142.70	17:30:43	7:21	24	3:49:25	65	5:49:58
VP25 - East Side	5.80	55:35	9:35	16	15:04	48	18:38	148.50	18:26:18	7:26	22	4:04:29	61	6:06:05
VP26 - Checkpoir	5.28	59:20	11:14	57	34:17	203	37:47	153.78	19:25:38	7:34	24	4:38:46	65	6:41:22
VP27 - Gedenkst.	3.32	43:31	13:06	25	16:03	87	18:54	157.10	20:09:09	7:41	24	4:50:48	67	6:58:06
Friedrich-Ludwig	4.60	42:56	9:20	28	13:27	92	18:44	161.70	20:52:05	7:44	24	5:04:11	66	7:12:09