



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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VOGEL, Maik

□□□: 19:21:19

□□: FH Runners Berlin

□□: 8.32 km/h

□□: 186

□□□□: 7:11 min/km

□□: 161.70 km

□□□□□/□□□: 101 (of 459)

100MeilenBerlin

□□□□□/□: 41 (of 302)

□□□□□□: 13:39:56

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□□□□□: 7(of 58)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	38:38	5:34	8	5:12	37	7:37	6.94	38:38	5:34	8	5:12	37	7:37
VP2 - Laufftreff Li	5.69	31:46	5:34	6	4:05	30	7:41	12.63	1:10:24	5:34	7	9:17	34	15:18
VP3 - Oranienbur	5.74	30:31	5:18	6	3:22	35	6:25	18.37	1:40:55	5:29	7	12:39	33	21:43
VP4 - Naturschut	4.70	27:41	5:53	6	2:19	24	5:15	23.07	2:08:36	5:34	6	14:58	31	26:58
VP5 - Frohnau	6.80	37:25	5:30	7	3:37	34	8:30	29.87	2:46:01	5:33	6	18:35	31	35:28
VP6 - Ruderclub	4.06	24:41	6:04	7	3:17	36	6:34	33.93	3:10:42	5:37	6	21:08	32	41:59
VP7 - Grenzturm	4.75	27:31	5:47	6	3:23	33	5:48	38.68	3:38:13	5:38	6	24:12	32	47:47
VP8 - Schönwald	7.52	42:48	5:41	4	3:37	27	6:58	46.20	4:21:01	5:38	6	23:59	33	54:21
VP9 - Falkenseer	5.76	36:39	6:21	9	5:16	41	8:19	51.96	4:57:40	5:43	6	29:03	36	1:02:12
VP10 - Karolinenl	6.54	41:41	6:22	8	7:00	41	9:29	58.50	5:39:21	5:48	7	33:41	34	1:11:41
VP11 - Pagel & Fi	4.90	30:30	6:13	4	3:34	31	7:27	63.40	6:09:51	5:50	7	35:17	34	1:19:08
VP12 - Schloss S	7.62	46:55	6:09	3	5:52	22	10:02	71.02	6:56:46	5:52	5	38:21	29	1:29:10
VP13 - Revierförs	6.21	39:12	6:18	4	3:56	26	10:22	77.23	7:35:58	5:54	5	41:59	27	1:39:32
VP14 - Brauhaus	6.00	37:36	6:15	4	5:16	29	9:03	83.23	8:13:34	5:55	4	42:40	26	1:48:35
VP15 - Gedenkst.	6.90	42:49	6:12	5	4:31	32	9:54	90.13	8:56:23	5:57	4	46:48	26	1:58:29
VP16 - Königswe	6.87	51:35	7:30	7	8:08	39	16:50	97.00	9:47:58	6:03	4	53:41	28	2:15:19
VP17 - Sportplatz	6.20	50:58	8:13	7	13:07	34	17:13	103.20	10:38:56	6:11	4	1:06:48	29	2:32:32
VP18 - Osdorfer	6.50	46:15	7:06	6	8:22	36	11:48	109.70	11:25:11	6:14	4	1:15:10	30	2:42:03
VP19 - Lichtenra	5.70	47:04	8:15	9	7:39	46	12:54	115.40	12:12:15	6:20	4	1:22:49	30	2:53:10
VP20 - Kirchhain	4.37	30:47	7:02	11	6:59	46	11:57	119.77	12:43:02	6:22	4	1:29:48	31	3:05:07
VP21 - Buckow	6.43	56:27	8:46	23	20:00	105	22:51	126.20	13:39:29	6:29	5	1:49:48	32	3:27:58
VP22 - Rudow	4.90	39:32	8:04	9	9:29	44	13:33	131.10	14:19:01	6:33	5	1:59:17	32	3:41:31
VP23 - Johannistl	5.90	53:17	9:01	14	17:55	73	21:42	137.00	15:12:18	6:39	5	2:17:12	33	4:03:13
VP24 - Dammwe	5.70	1:03:02	11:03	32	28:04	144	31:51	142.70	16:15:20	6:50	7	2:45:16	35	4:34:35
VP25 - East Side	5.80	1:02:49	10:49	20	23:11	93	25:52	148.50	17:18:09	6:59	7	3:08:27	35	4:57:56
VP26 - Checkpoir	5.28	40:11	7:36	21	15:19	88	18:38	153.78	17:58:20	7:00	7	3:23:46	35	5:14:04
VP27 - Gedenkst.	3.32	44:12	13:18	22	17:42	94	19:35	157.10	18:42:32	7:08	7	3:41:28	37	5:31:29
Friedrich-Ludwig	4.60	38:47	8:25	13	11:02	66	14:35	161.70	19:21:19	7:10	7	3:48:23	41	5:41:23