



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GRIEGER, Matthias

□□: Legion of Pain

□□: 194

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 17:20:20

□□: 9.29 km/h

□□□□: 6:26 min/km

□□□□□/□□□□: 62 (of 459)

□□□□□/□: 20 (of 302)

□□□□□□: 13:39:56

□□□□□: 4(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	36:54	5:19	7	3:30	20	5:53	6.94	36:54	5:19	7	3:30	20	5:53
VP2 - Laufftreff Li	5.69	31:40	5:33	7	4:25	29	7:35	12.63	1:08:34	5:25	7	7:55	26	13:28
VP3 - Oranienbur	5.74	30:37	5:20	9	4:48	37	6:31	18.37	1:39:11	5:23	7	12:43	28	19:59
VP4 - Naturschut	4.70	28:47	6:07	8	3:40	38	6:21	23.07	2:07:58	5:32	7	16:23	27	26:20
VP5 - Frohnau	6.80	37:31	5:31	9	4:17	35	8:36	29.87	2:45:29	5:32	8	19:41	29	34:56
VP6 - Ruderclub	4.06	23:54	5:53	7	2:25	30	5:47	33.93	3:09:23	5:34	8	22:06	31	40:40
VP7 - Grenzturm	4.75	29:30	6:12	17	5:26	62	7:47	38.68	3:38:53	5:39	9	27:32	35	48:27
VP8 - Schönwald	7.52	44:54	5:58	14	5:27	46	9:04	46.20	4:23:47	5:42	9	32:07	36	57:07
VP9 - Falkenseer	5.76	36:39	6:21	11	4:15	41	8:19	51.96	5:00:26	5:46	10	36:17	39	1:04:58
VP10 - Karolinenl	6.54	39:53	6:05	6	4:49	27	7:41	58.50	5:40:19	5:49	8	40:09	35	1:12:39
VP11 - Pagel & Fi	4.90	30:49	6:17	8	2:55	32	7:46	63.40	6:11:08	5:51	8	43:04	35	1:20:25
VP12 - Schloss S	7.62	49:34	6:30	9	6:03	32	12:41	71.02	7:00:42	5:55	8	45:42	34	1:33:06
VP13 - Revierförs	6.21	39:05	6:17	5	3:20	25	10:15	77.23	7:39:47	5:57	7	46:47	32	1:43:21
VP14 - Brauhaus	6.00	35:40	5:56	5	2:39	21	7:07	83.23	8:15:27	5:57	6	48:22	27	1:50:28
VP15 - Gedenkst.	6.90	42:34	6:10	6	3:00	30	9:39	90.13	8:58:01	5:58	6	50:52	28	2:00:07
VP16 - Königswe	6.87	47:09	6:51	7	5:30	24	12:24	97.00	9:45:10	6:01	6	52:40	25	2:12:31
VP17 - Sportplatz	6.20	51:56	8:22	11	14:09	41	18:11	103.20	10:37:06	6:10	6	1:01:57	26	2:30:42
VP18 - Osdorfer	6.50	41:39	6:24	2	3:50	17	7:12	109.70	11:18:45	6:11	6	1:00:41	26	2:35:37
VP19 - Lichtenra	5.70	42:23	7:26	3	4:29	19	8:13	115.40	12:01:08	6:14	6	1:00:01	26	2:42:03
VP20 - Kirchhain	4.37	26:42	6:06	5	4:51	18	7:52	119.77	12:27:50	6:14	6	1:03:43	25	2:49:55
VP21 - Buckow	6.43	41:09	6:23	3	6:05	18	7:33	126.20	13:08:59	6:15	6	1:07:12	25	2:57:28
VP22 - Rudow	4.90	33:46	6:53	3	3:33	18	7:47	131.10	13:42:45	6:16	7	1:10:45	26	3:05:15
VP23 - Johannistl	5.90	39:09	6:38	4	4:07	16	7:34	137.00	14:21:54	6:17	6	1:14:52	24	3:12:49
VP24 - Dammwe	5.70	42:03	7:22	6	7:47	22	10:52	142.70	15:03:57	6:20	6	1:22:39	24	3:23:12
VP25 - East Side	5.80	48:17	8:19	5	7:46	18	11:20	148.50	15:52:14	6:24	6	1:30:25	24	3:32:01
VP26 - Checkpoir	5.28	30:04	5:41	2	5:01	15	8:31	153.78	16:22:18	6:23	6	1:35:26	23	3:38:02
VP27 - Gedenkst.	3.32	27:28	8:16	1	-	6	2:51	157.10	16:49:46	6:25	4	1:31:25	20	3:38:43
Friedrich-Ludwig	4.60	30:34	6:38	3	1:05	16	6:22	161.70	17:20:20	6:26	4	1:32:26	20	3:40:24