



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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STEINER, Daniel

□□: marathon4you.de

□□: 271

□□: 161.70 km

100MeilenBerlin

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Senioren M55 (55-59 Jahre)

□□□: 28:41:46

□□: 5.63 km/h

□□□□: 10:39 min/km

□□□□□/□□□□: 323 (of 459)

□□□□□/□: 201 (of 302)

□□□□□□: 13:39:56

□□□□□: 23(of 46)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	49:48	7:10	24	18:47	217	18:47	6.94	49:48	7:10	24	18:47	217	18:47
VP2 - Laufftreff Li	5.69	48:43	8:33	39	24:38	263	24:38	12.63	1:38:31	7:48	37	43:25	257	43:25
VP3 - Oranienbur	5.74	43:04	7:30	33	18:58	245	18:58	18.37	2:21:35	7:42	37	1:02:23	258	1:02:23
VP4 - Naturschut	4.70	39:42	8:26	28	17:16	223	17:16	23.07	3:01:17	7:51	34	1:19:39	250	1:19:39
VP5 - Frohnau	6.80	50:35	7:26	28	21:40	220	21:40	29.87	3:51:52	7:45	31	1:41:19	242	1:41:19
VP6 - Ruderclub	4.06	32:55	8:06	19	14:45	155	14:48	33.93	4:24:47	7:48	27	1:56:04	224	1:56:04
VP7 - Grenzturm	4.75	35:49	7:32	23	14:06	180	14:06	38.68	5:00:36	7:46	26	2:10:10	221	2:10:10
VP8 - Schönwald	7.52	52:06	6:55	10	15:52	143	16:16	46.20	5:52:42	7:38	26	2:26:02	207	2:26:02
VP9 - Falkenseer	5.76	47:05	8:10	18	18:17	156	18:45	51.96	6:39:47	7:41	24	2:44:19	199	2:44:19
VP10 - Karolinenl	6.54	50:51	7:46	12	18:39	136	18:39	58.50	7:30:38	7:42	24	3:02:58	187	3:02:58
VP11 - Pagel & Fi	4.90	40:16	8:13	17	17:13	149	17:13	63.40	8:10:54	7:44	21	3:20:11	181	3:20:11
VP12 - Schloss S	7.62	1:20:07	10:30	25	43:14	207	43:14	71.02	9:31:01	8:02	22	4:03:25	188	4:03:25
VP13 - Revierförs	6.21	55:49	8:59	20	26:59	194	26:59	77.23	10:26:50	8:06	23	4:30:24	190	4:30:24
VP14 - Brauhaus	6.00	59:58	9:59	28	31:25	232	31:25	83.23	11:26:48	8:15	23	5:01:49	192	5:01:49
VP15 - Gedenkst.	6.90	1:04:33	9:21	22	31:38	204	31:38	90.13	12:31:21	8:20	23	5:33:27	193	5:33:27
VP16 - Königswe	6.87	1:08:03	9:54	15	33:18	157	33:18	97.00	13:39:24	8:26	22	6:06:45	195	6:06:45
VP17 - Sportplatz	6.20	2:00:15	19:23	30	1:26:30	228	1:26:30	103.20	15:39:39	9:06	25	7:33:15	207	7:33:15
VP18 - Osdorfer	6.50	1:19:12	12:11	26	42:28	209	44:45	109.70	16:58:51	9:17	23	8:15:43	204	8:15:43
VP19 - Lichtenrav	5.70	1:14:45	13:06	25	38:48	213	40:35	115.40	18:13:36	9:28	25	8:54:31	204	8:54:31
VP20 - Kirchhain	4.37	45:23	10:23	19	26:33	173	26:33	119.77	18:58:59	9:30	22	9:21:04	198	9:21:04
VP21 - Buckow	6.43	1:19:31	12:21	23	45:55	198	45:55	126.20	20:18:30	9:39	21	10:06:59	196	10:06:59
VP22 - Rudow	4.90	1:08:09	13:54	27	42:10	213	42:10	131.10	21:26:39	9:48	23	10:49:09	197	10:49:09
VP23 - Johannistl	5.90	1:25:39	14:31	25	54:04	203	54:04	137.00	22:52:18	10:01	21	11:43:13	194	11:43:13
VP24 - Dammwe	5.70	1:19:05	13:52	26	47:25	205	47:54	142.70	24:11:23	10:10	21	12:30:38	192	12:30:38
VP25 - East Side	5.80	1:28:55	15:19	27	49:27	202	51:58	148.50	25:40:18	10:22	24	13:20:05	198	13:20:05
VP26 - Checkpoir	5.28	58:21	11:03	27	34:18	200	36:48	153.78	26:38:39	10:23	24	13:54:23	199	13:54:23
VP27 - Gedenkst.	3.32	57:33	17:20	26	30:46	195	32:56	157.10	27:36:12	10:32	24	14:25:09	200	14:25:09
Friedrich-Ludwig	4.60	1:05:34	14:15	26	36:41	207	41:22	161.70	28:41:46	10:38	23	15:01:50	201	15:01:50