



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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LAIG, Uwe

□□: TV Hohne

□□: 283

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 23:19:09

□□: 6.90 km/h

□□□□: 8:39 min/km

□□□□□/□□□□: 217 (of 459)

□□□□□/□: 127 (of 302)

□□□□□□: 13:39:56

□□□□□: 3(of 11)

□□□□□□□: 15:41:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	48:13	6:56	6	14:07	177	17:12	6.94	48:13	6:56	6	14:07	177	17:12
VP2 - Laufftreff Li	5.69	39:49	6:59	6	11:05	173	15:44	12.63	1:28:02	6:58	6	25:12	173	32:56
VP3 - Oranienbur	5.74	37:00	6:26	6	9:42	151	12:54	18.37	2:05:02	6:48	6	34:54	169	45:50
VP4 - Naturschut	4.70	35:05	7:27	4	8:54	152	12:39	23.07	2:40:07	6:56	6	43:48	166	58:29
VP5 - Frohnau	6.80	46:28	6:50	6	12:00	166	17:33	29.87	3:26:35	6:54	6	55:48	165	1:16:02
VP6 - Ruderclub	4.06	31:46	7:49	2	10:09	135	13:39	33.93	3:58:21	7:01	4	1:05:57	161	1:29:38
VP7 - Grenzturm	4.75	37:54	7:58	5	12:37	213	16:11	38.68	4:36:15	7:08	4	1:18:34	165	1:45:49
VP8 - Schönwald	7.52	55:16	7:20	5	16:01	179	19:26	46.20	5:31:31	7:10	5	1:34:35	167	2:04:51
VP9 - Falkenseer	5.76	46:15	8:01	4	15:09	144	17:55	51.96	6:17:46	7:16	5	1:49:44	164	2:22:18
VP10 - Karolinenl	6.54	54:02	8:15	4	17:41	169	21:50	58.50	7:11:48	7:22	4	2:07:25	161	2:44:08
VP11 - Pagel & Fi	4.90	42:44	8:43	4	15:16	177	19:41	63.40	7:54:32	7:29	4	2:22:41	163	3:03:49
VP12 - Schloss S	7.62	1:04:21	8:26	2	21:40	122	27:28	71.02	8:58:53	7:35	4	2:44:21	156	3:31:17
VP13 - Revierförs	6.21	54:03	8:42	3	18:04	178	25:13	77.23	9:52:56	7:40	4	3:02:25	160	3:56:30
VP14 - Brauhaus	6.00	48:20	8:03	3	15:30	139	19:47	83.23	10:41:16	7:42	4	3:17:55	158	4:16:17
VP15 - Gedenkst.	6.90	58:09	8:25	3	19:13	162	25:14	90.13	11:39:25	7:45	4	3:37:08	160	4:41:31
VP16 - Königswe	6.87	1:03:27	9:14	2	20:09	123	28:42	97.00	12:42:52	7:51	4	3:57:17	156	5:10:13
VP17 - Sportplatz	6.20	1:02:34	10:05	2	22:23	93	28:49	103.20	13:45:26	7:59	3	4:19:40	143	5:39:02
VP18 - Osdorfer	6.50	57:52	8:54	4	18:51	127	23:25	109.70	14:43:18	8:03	3	4:38:31	141	6:00:10
VP19 - Lichtenra	5.70	1:02:41	10:59	4	23:53	160	28:31	115.40	15:45:59	8:11	3	5:02:24	144	6:26:54
VP20 - Kirchhain	4.37	38:26	8:47	4	13:51	125	19:36	119.77	16:24:25	8:13	3	5:16:15	143	6:46:30
VP21 - Buckow	6.43	52:40	8:11	3	13:59	70	19:04	126.20	17:17:05	8:13	3	5:30:14	136	7:05:34
VP22 - Rudow	4.90	42:16	8:37	2	11:31	65	16:17	131.10	17:59:21	8:13	3	5:41:45	131	7:21:51
VP23 - Johannistl	5.90	52:09	8:50	2	16:08	66	20:34	137.00	18:51:30	8:15	3	5:57:53	129	7:42:25
VP24 - Dammwe	5.70	54:23	9:32	2	18:35	95	23:12	142.70	19:45:53	8:18	3	6:16:28	126	8:05:08
VP25 - East Side	5.80	1:06:32	11:28	3	24:17	117	29:35	148.50	20:52:25	8:26	3	6:40:45	124	8:32:12
VP26 - Checkpoir	5.28	44:06	8:21	3	15:18	129	22:33	153.78	21:36:31	8:25	3	6:56:03	124	8:52:15
VP27 - Gedenkst.	3.32	48:33	14:37	4	17:19	137	23:56	157.10	22:25:04	8:33	3	7:13:22	125	9:14:01
Friedrich-Ludwig	4.60	54:05	11:45	4	23:58	167	29:53	161.70	23:19:09	8:39	3	7:37:20	127	9:39:13