



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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KALAU, Magnus

□□: Berliner Sport Club

□□: 284

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 27:02:54

□□: 5.95 km/h

□□□□: 10:02 min/km

□□□□□/□□□□: 291 (of 459)

□□□□□/□: 178 (of 302)

□□□□□□: 13:39:56

□□□□□: 10(of 14)

□□□□□□□: 16:49:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	44:52	6:27	11	7:52	128	13:51	6.94	44:52	6:27	11	7:52	128	13:51
VP2 - Laufftreff Li	5.69	37:59	6:40	11	7:43	139	13:54	12.63	1:22:51	6:33	12	15:31	139	27:45
VP3 - Oranienbur	5.74	35:17	6:08	10	7:19	121	11:11	18.37	1:58:08	6:25	11	22:50	134	38:56
VP4 - Naturschut	4.70	33:15	7:04	10	6:47	116	10:49	23.07	2:31:23	6:33	11	29:37	125	49:45
VP5 - Frohnau	6.80	44:10	6:29	10	8:44	129	15:15	29.87	3:15:33	6:32	10	38:21	125	1:05:00
VP6 - Ruderclub	4.06	27:47	6:50	7	4:55	72	9:40	33.93	3:43:20	6:34	10	43:16	113	1:14:37
VP7 - Grenzturm	4.75	34:58	7:21	10	8:38	167	13:15	38.68	4:18:18	6:40	10	51:54	120	1:27:52
VP8 - Schönwald	7.52	50:48	6:45	11	8:27	121	14:58	46.20	5:09:06	6:41	10	57:23	118	1:42:26
VP9 - Falkenseer	5.76	42:58	7:27	10	10:51	103	14:38	51.96	5:52:04	6:46	9	1:08:14	112	1:56:36
VP10 - Karolinenl	6.54	46:35	7:07	9	9:13	83	14:23	58.50	6:38:39	6:48	9	1:15:36	105	2:10:59
VP11 - Pagel & Fi	4.90	37:34	7:40	10	10:37	115	14:31	63.40	7:16:13	6:52	9	1:26:13	108	2:25:30
VP12 - Schloss S	7.62	1:07:59	8:55	9	22:56	139	31:06	71.02	8:24:12	7:05	9	1:49:09	117	2:56:36
VP13 - Revierförs	6.21	49:28	7:57	10	12:26	124	20:38	77.23	9:13:40	7:10	9	2:01:01	116	3:17:14
VP14 - Brauhaus	6.00	48:00	8:00	10	14:14	132	19:27	83.23	10:01:40	7:13	9	2:15:15	119	3:36:41
VP15 - Gedenkst.	6.90	1:00:00	8:41	9	21:27	175	27:05	90.13	11:01:40	7:20	10	2:36:42	123	4:03:46
VP16 - Königswe	6.87	1:01:40	8:58	8	17:27	106	26:55	97.00	12:03:20	7:27	9	2:54:09	119	4:30:41
VP17 - Sportplatz	6.20	1:12:54	11:45	8	36:13	145	39:09	103.20	13:16:14	7:42	9	3:30:22	123	5:09:50
VP18 - Osdorfer	6.50	1:10:43	10:52	9	28:47	179	36:16	109.70	14:26:57	7:54	9	3:53:59	131	5:43:49
VP19 - Lichtenra	5.70	1:13:00	12:48	10	31:04	208	38:50	115.40	15:39:57	8:08	9	4:24:13	138	6:20:52
VP20 - Kirchhain	4.37	47:29	10:51	10	19:59	183	28:39	119.77	16:27:26	8:14	10	4:43:52	146	6:49:31
VP21 - Buckow	6.43	59:33	9:15	8	19:17	129	25:57	126.20	17:26:59	8:17	9	5:01:10	142	7:15:28
VP22 - Rudow	4.90	1:01:05	12:27	10	29:25	185	35:06	131.10	18:28:04	8:27	10	5:30:35	146	7:50:34
VP23 - Johannistl	5.90	1:52:18	19:02	13	1:13:57	219	1:20:43	137.00	20:20:22	8:54	10	6:44:32	166	9:11:17
VP24 - Dammwe	5.70	1:17:07	13:31	11	37:37	201	45:56	142.70	21:37:29	9:05	10	7:20:21	165	9:56:44
VP25 - East Side	5.80	1:47:43	18:34	13	1:05:33	215	1:10:46	148.50	23:25:12	9:27	10	8:19:44	168	11:04:59
VP26 - Checkpoir	5.28	58:56	11:09	11	28:31	202	37:23	153.78	24:24:08	9:31	10	8:46:18	169	11:39:52
VP27 - Gedenkst.	3.32	1:21:04	24:25	13	49:18	217	56:27	157.10	25:45:12	9:50	10	9:30:35	173	12:34:09
Friedrich-Ludwig	4.60	1:17:42	16:53	12	48:35	216	53:30	161.70	27:02:54	10:02	10	10:13:50	178	13:22:58