



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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KRAUSS, Roland

□□□: 20:50:01

□□: LG Ultralauf / 100 Marathon Cl

□□: 7.76 km/h

□□: 297

□□□□: 7:44 min/km

□□: 161.70 km

□□□□□/□□□□: 137 (of 459)

100MeilenBerlin

□□□□□/□: 65 (of 302)

□□□□□□: 13:39:56

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□□□□□: 4(of 46)

Senioren M55 (55-59 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	40:34	5:50	3	9:33	56	9:33	6.94	40:34	5:50	3	9:33	56	9:33	
VP2 - Laufftreff Li	5.69	34:20	6:02	3	10:15	60	10:15	12.63	1:14:54	5:55	3	19:48	55	19:48	
VP3 - Oranienbur	5.74	34:26	5:59	4	10:20	102	10:20	18.37	1:49:20	5:57	3	30:08	62	30:08	
VP4 - Naturschut	4.70	30:13	6:25	2	7:47	57	7:47	23.07	2:19:33	6:02	3	37:55	64	37:55	
VP5 - Frohnau	6.80	39:54	5:52	3	10:59	54	10:59	29.87	2:59:27	6:00	3	48:54	64	48:54	
VP6 - Ruderclub	4.06	29:03	7:09	5	10:53	102	10:56	33.93	3:28:30	6:08	3	59:47	64	59:47	
VP7 - Grenzturm	4.75	30:14	6:21	3	8:31	72	8:31	38.68	3:58:44	6:10	3	1:08:18	64	1:08:18	
VP8 - Schönwald	7.52	44:52	5:57	2	8:38	45	9:02	46.20	4:43:36	6:08	3	1:16:56	62	1:16:56	
VP9 - Falkenseer	5.76	38:49	6:44	4	10:01	59	10:29	51.96	5:22:25	6:12	3	1:26:57	62	1:26:57	
VP10 - Karolinenl	6.54	42:48	6:32	2	10:36	47	10:36	58.50	6:05:13	6:14	3	1:37:33	59	1:37:33	
VP11 - Pagel & Fi	4.90	34:26	7:01	4	11:23	74	11:23	63.40	6:39:39	6:18	3	1:48:56	60	1:48:56	
VP12 - Schloss S	7.62	53:33	7:01	2	16:40	53	16:40	71.02	7:33:12	6:22	3	2:05:36	55	2:05:36	
VP13 - Revierförs	6.21	41:38	6:42	2	12:48	36	12:48	77.23	8:14:50	6:24	3	2:18:24	53	2:18:24	
VP14 - Brauhaus	6.00	40:12	6:42	3	11:39	53	11:39	83.23	8:55:02	6:25	3	2:30:03	53	2:30:03	
VP15 - Gedenkst.	6.90	43:40	6:19	2	10:45	37	10:45	90.13	9:38:42	6:25	3	2:40:48	52	2:40:48	
VP16 - Königswe	6.87	54:57	7:59	3	20:12	67	20:12	97.00	10:33:39	6:31	2	3:01:00	50	3:01:00	
VP17 - Sportplatz	6.20	1:17:06	12:26	20	43:21	158	43:21	103.20	11:50:45	6:53	3	3:44:21	72	3:44:21	
VP18 - Osdorfer	6.50	46:00	7:04	4	9:16	34	11:33	109.70	12:36:45	6:53	3	3:53:37	62	3:53:37	
VP19 - Lichtenra	5.70	47:06	8:15	3	11:09	47	12:56	115.40	13:23:51	6:57	3	4:04:46	62	4:04:46	
VP20 - Kirchhain	4.37	35:19	8:04	7	16:29	90	16:29	119.77	13:59:10	7:00	3	4:21:15	60	4:21:15	
VP21 - Buckow	6.43	50:59	7:55	4	17:23	65	17:23	126.20	14:50:09	7:03	3	4:38:38	58	4:38:38	
VP22 - Rudow	4.90	42:57	8:45	5	16:58	69	16:58	131.10	15:33:06	7:07	3	4:55:36	59	4:55:36	
VP23 - Johannistl	5.90	53:26	9:03	8	21:51	74	21:51	137.00	16:26:32	7:12	4	5:17:27	58	5:17:27	
VP24 - Dammwe	5.70	1:03:14	11:05	18	31:34	147	32:03	142.70	17:29:46	7:21	4	5:49:01	60	5:49:01	
VP25 - East Side	5.80	59:16	10:13	6	19:48	70	22:19	148.50	18:29:02	7:28	4	6:08:49	64	6:08:49	
VP26 - Checkpoir	5.28	54:28	10:18	24	30:25	191	32:55	153.78	19:23:30	7:33	4	6:39:14	64	6:39:14	
VP27 - Gedenkst.	3.32	41:56	12:37	7	15:09	70	17:19	157.10	20:05:26	7:40	4	6:54:23	64	6:54:23	
Friedrich-Ludwig	4.60	44:35	9:41	11	15:42	106	20:23	161.70	20:50:01	7:43	4	7:10:05	65	7:10:05	