



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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BAYER, Uwe

□□: Friedrichlsruher Waldläufer

□□: 338

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 21:51:48

□□: 7.40 km/h

□□□□: 8:07 min/km

□□□□□/□□□: 168 (of 459)

□□□□□/□: 91 (of 302)

□□□□□□: 13:39:56

□□□□□: 18(of 58)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	42:10	6:04	16	8:44	80	11:09	6.94	42:10	6:04	16	8:44	80	11:09
VP2 - Laufftreff Li	5.69	36:05	6:20	20	8:24	99	12:00	12.63	1:18:15	6:11	19	17:08	94	23:09
VP3 - Oranienbur	5.74	33:25	5:49	13	6:16	75	9:19	18.37	1:51:40	6:04	18	23:24	88	32:28
VP4 - Naturschut	4.70	31:37	6:43	15	6:15	86	9:11	23.07	2:23:17	6:12	17	29:39	85	41:39
VP5 - Frohnau	6.80	41:09	6:03	15	7:21	76	12:14	29.87	3:04:26	6:10	15	37:00	81	53:53
VP6 - Ruderclub	4.06	25:59	6:23	11	4:35	47	7:52	33.93	3:30:25	6:12	15	40:51	68	1:01:42
VP7 - Grenzturm	4.75	29:11	6:08	11	5:03	56	7:28	38.68	3:59:36	6:11	15	45:35	65	1:09:10
VP8 - Schönwald	7.52	47:18	6:17	12	8:07	70	11:28	46.20	4:46:54	6:12	14	49:52	66	1:20:14
VP9 - Falkenseer	5.76	37:02	6:25	10	5:39	49	8:42	51.96	5:23:56	6:14	14	55:19	65	1:28:28
VP10 - Karolinenl	6.54	44:55	6:52	14	10:14	60	12:43	58.50	6:08:51	6:18	14	1:03:11	63	1:41:11
VP11 - Pagel & Fi	4.90	33:07	6:45	13	6:11	56	10:04	63.40	6:41:58	6:20	14	1:07:24	63	1:51:15
VP12 - Schloss S	7.62	55:27	7:16	11	14:24	65	18:34	71.02	7:37:25	6:26	13	1:19:00	60	2:09:49
VP13 - Revierförs	6.21	43:50	7:03	11	8:34	61	15:00	77.23	8:21:15	6:29	12	1:27:16	59	2:24:49
VP14 - Brauhaus	6.00	42:00	7:00	13	9:40	77	13:27	83.23	9:03:15	6:31	13	1:32:21	62	2:38:16
VP15 - Gedenkst.	6.90	50:55	7:22	18	12:37	98	18:00	90.13	9:54:10	6:35	13	1:44:35	63	2:56:16
VP16 - Königswe	6.87	54:32	7:56	13	11:05	61	19:47	97.00	10:48:42	6:41	13	1:54:25	63	3:16:03
VP17 - Sportplatz	6.20	-	-	51		239		103.20	10:48:42	6:17	5	1:16:34	32	2:42:18
VP18 - Osdorfer	6.50	2:20:10	21:33	52	1:42:17	247	1:45:43	109.70	13:08:52	7:11	15	2:58:51	77	4:25:44
VP19 - Lichtenra	5.70	49:56	8:45	13	10:31	66	15:46	115.40	13:58:48	7:16	15	3:09:22	77	4:39:43
VP20 - Kirchhain	4.37	35:27	8:06	19	11:39	92	16:37	119.77	14:34:15	7:17	16	3:21:01	79	4:56:20
VP21 - Buckow	6.43	54:08	8:25	18	17:41	88	20:32	126.20	15:28:23	7:21	16	3:38:42	79	5:16:52
VP22 - Rudow	4.90	45:33	9:17	20	15:30	97	19:34	131.10	16:13:56	7:25	16	3:54:12	79	5:36:26
VP23 - Johannistl	5.90	54:18	9:12	15	18:56	82	22:43	137.00	17:08:14	7:30	15	4:13:08	78	5:59:09
VP24 - Dammwe	5.70	54:15	9:31	21	19:17	93	23:04	142.70	18:02:29	7:35	15	4:32:25	78	6:21:44
VP25 - East Side	5.80	1:16:17	13:09	38	36:39	169	39:20	148.50	19:18:46	7:48	15	5:09:04	79	6:58:33
VP26 - Checkpoir	5.28	54:54	10:23	45	30:02	193	33:21	153.78	20:13:40	7:53	18	5:39:06	85	7:29:24
VP27 - Gedenkst.	3.32	54:58	16:33	40	28:28	183	30:21	157.10	21:08:38	8:04	18	6:07:34	90	7:57:35
Friedrich-Ludwig	4.60	43:10	9:23	20	15:25	93	18:58	161.70	21:51:48	8:06	18	6:18:52	91	8:11:52