



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GRIESGRABER, Thomas

□□□: 29:02:25

□□: (ohne)

□□: 5.54 km/h

□□: 41

□□□□: 10:46 min/km

□□: 161.70 km

□□□□□/□□□□: 331 (of 459)

100MeilenBerlin

□□□□□/□: 206 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 12(of 14)

Senioren M30 (30-34 Jahre)

□□□□□□□: 16:49:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	43:13	6:13	8	6:13	107	12:12	6.94	43:13	6:13	8	6:13	107	12:12
VP2 - Lauftreff Li	5.69	38:38	6:47	12	8:22	144	14:33	12.63	1:21:51	6:28	11	14:31	128	26:45
VP3 - Oranienbur	5.74	37:34	6:32	12	9:36	162	13:28	18.37	1:59:25	6:30	12	24:07	139	40:13
VP4 - Naturschut	4.70	37:51	8:03	12	11:23	205	15:25	23.07	2:37:16	6:49	12	35:30	148	55:38
VP5 - Frohnau	6.80	47:31	6:59	12	12:05	181	18:36	29.87	3:24:47	6:51	12	47:35	160	1:14:14
VP6 - Ruderclub	4.06	30:56	7:37	10	8:04	127	12:49	33.93	3:55:43	6:56	11	55:39	151	1:27:00
VP7 - Grenzturm	4.75	35:21	7:26	11	9:01	172	13:38	38.68	4:31:04	7:00	11	1:04:40	154	1:40:38
VP8 - Schönwald	7.52	1:06:09	8:47	14	23:48	247	30:19	46.20	5:37:13	7:17	12	1:25:30	177	2:10:33
VP9 - Falkenseer	5.76	56:00	9:43	14	23:53	235	27:40	51.96	6:33:13	7:34	12	1:49:23	185	2:37:45
VP10 - Karolinenl	6.54	59:43	9:07	12	22:21	215	27:31	58.50	7:32:56	7:44	11	2:09:53	192	3:05:16
VP11 - Pagel & Fi	4.90	1:00:19	12:18	13	33:22	259	37:16	63.40	8:33:15	8:05	12	2:43:15	208	3:42:32
VP12 - Schloss S	7.62	1:09:24	9:06	11	24:21	150	32:31	71.02	9:42:39	8:12	12	3:07:36	198	4:15:03
VP13 - Revierförs	6.21	1:00:13	9:41	13	23:11	217	31:23	77.23	10:42:52	8:19	12	3:30:13	198	4:46:26
VP14 - Brauhaus	6.00	49:10	8:11	11	15:24	150	20:37	83.23	11:32:02	8:18	12	3:45:37	194	5:07:03
VP15 - Gedenkst.	6.90	1:02:04	8:59	10	23:31	186	29:09	90.13	12:34:06	8:22	12	4:09:08	199	5:36:12
VP16 - Königswe	6.87	1:16:50	11:11	12	32:37	201	42:05	97.00	13:50:56	8:33	12	4:41:45	198	6:18:17
VP17 - Sportplatz	6.20	2:12:08	21:18	12	1:35:27	231	1:38:23	103.20	16:03:04	9:19	13	6:17:12	215	7:56:40
VP18 - Osdorfer	6.50	1:24:10	12:56	12	42:14	217	49:43	109.70	17:27:14	9:32	13	6:54:16	216	8:44:06
VP19 - Lichtenra	5.70	1:44:23	18:18	13	1:02:27	245	1:10:13	115.40	19:11:37	9:58	13	7:55:53	224	9:52:32
VP20 - Kirchhain	4.37	1:18:47	18:01	13	51:17	233	59:57	119.77	20:30:24	10:16	13	8:46:50	226	10:52:29
VP21 - Buckow	6.43	1:36:19	14:58	11	56:03	224	1:02:43	126.20	22:06:43	10:30	13	9:40:54	221	11:55:12
VP22 - Rudow	4.90	1:02:47	12:48	11	31:07	190	36:48	131.10	23:09:30	10:35	13	10:12:01	219	12:32:00
VP23 - Johannistl	5.90	1:10:12	11:53	10	31:51	170	38:37	137.00	24:19:42	10:39	13	10:43:52	216	13:10:37
VP24 - Dammwe	5.70	1:19:01	13:51	12	39:31	204	47:50	142.70	25:38:43	10:46	13	11:21:35	214	13:57:58
VP25 - East Side	5.80	1:21:02	13:58	11	38:52	189	44:05	148.50	26:59:45	10:54	13	11:54:17	216	14:39:32
VP26 - Checkpoir	5.28	49:11	9:18	7	18:46	167	27:38	153.78	27:48:56	10:51	13	12:11:06	216	15:04:40
VP27 - Gedenkst.	3.32	41:56	12:37	5	10:10	70	17:19	157.10	28:30:52	10:53	13	12:16:15	214	15:19:49
Friedrich-Ludwig	4.60	31:33	6:51	2	2:26	19	7:21	161.70	29:02:25	10:46	12	12:13:21	206	15:22:29