



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GIESE, Kay

□□: 100 MC Post SV Buxtehude

□□: 7

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 23:30:25

□□: 6.85 km/h

□□□□: 8:43 min/km

□□□□□/□□□□: 228 (of 459)

□□□□□/□: 137 (of 302)

□□□□□□: 13:39:56

□□□□□: 46(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	38:10	5:29	10	4:46	36	7:09	6.94	38:10	5:29	10	4:46	36	7:09
VP2 - Laufftreff Li	5.69	33:15	5:50	11	6:00	42	9:10	12.63	1:11:25	5:39	11	10:46	38	16:19
VP3 - Oranienbur	5.74	32:04	5:35	14	6:15	49	7:58	18.37	1:43:29	5:37	11	17:01	41	24:17
VP4 - Naturschut	4.70	30:41	6:31	22	5:34	70	8:15	23.07	2:14:10	5:48	10	22:35	42	32:32
VP5 - Frohnau	6.80	40:50	6:00	22	7:36	71	11:55	29.87	2:55:00	5:51	10	29:12	44	44:27
VP6 - Ruderclub	4.06	36:01	8:52	60	14:32	193	17:54	33.93	3:31:01	6:13	21	43:44	69	1:02:18
VP7 - Grenzturm	4.75	33:41	7:05	50	9:37	146	11:58	38.68	4:04:42	6:19	25	53:21	81	1:14:16
VP8 - Schönwald	7.52	50:30	6:42	41	11:03	118	14:40	46.20	4:55:12	6:23	28	1:03:32	84	1:28:32
VP9 - Falkenseer	5.76	46:25	8:03	49	14:01	148	18:05	51.96	5:41:37	6:34	31	1:17:28	92	1:46:09
VP10 - Karolinenl	6.54	50:02	7:39	40	14:58	126	17:50	58.50	6:31:39	6:41	33	1:31:29	98	2:03:59
VP11 - Pagel & Fi	4.90	40:48	8:19	50	12:54	155	17:45	63.40	7:12:27	6:49	35	1:44:23	102	2:21:44
VP12 - Schloss S	7.62	1:12:22	9:29	54	28:51	168	35:29	71.02	8:24:49	7:06	40	2:09:49	118	2:57:13
VP13 - Revierförs	6.21	54:12	8:43	60	18:27	180	25:22	77.23	9:19:01	7:14	42	2:26:01	122	3:22:35
VP14 - Brauhaus	6.00	53:14	8:52	61	20:13	184	24:41	83.23	10:12:15	7:21	43	2:45:10	129	3:47:16
VP15 - Gedenkst.	6.90	58:28	8:28	58	18:54	168	25:33	90.13	11:10:43	7:26	44	3:03:34	129	4:12:49
VP16 - Königswe	6.87	1:11:50	10:27	58	30:11	178	37:05	97.00	12:22:33	7:39	44	3:30:03	133	4:49:54
VP17 - Sportplatz	6.20	1:08:29	11:02	38	30:42	126	34:44	103.20	13:31:02	7:51	44	3:55:53	135	5:24:38
VP18 - Osdorfer	6.50	58:48	9:02	42	20:59	134	24:21	109.70	14:29:50	7:55	44	4:11:46	133	5:46:42
VP19 - Lichtenra	5.70	1:05:17	11:27	58	27:23	168	31:07	115.40	15:35:07	8:06	45	4:34:00	133	6:16:02
VP20 - Kirchhain	4.37	39:48	9:06	47	17:57	139	20:58	119.77	16:14:55	8:08	44	4:50:48	133	6:37:00
VP21 - Buckow	6.43	59:21	9:13	41	24:17	127	25:45	126.20	17:14:16	8:11	44	5:12:29	132	7:02:45
VP22 - Rudow	4.90	50:04	10:13	46	19:51	138	24:05	131.10	18:04:20	8:16	45	5:32:20	137	7:26:50
VP23 - Johannistl	5.90	57:15	9:42	36	22:13	104	25:40	137.00	19:01:35	8:19	45	5:54:33	134	7:52:30
VP24 - Dammwe	5.70	1:02:44	11:00	46	28:28	142	31:33	142.70	20:04:19	8:26	45	6:23:01	135	8:23:34
VP25 - East Side	5.80	1:13:34	12:41	48	33:03	154	36:37	148.50	21:17:53	8:36	46	6:56:04	137	8:57:40
VP26 - Checkpoir	5.28	41:25	7:50	30	16:22	98	19:52	153.78	21:59:18	8:34	46	7:12:26	137	9:15:02
VP27 - Gedenkst.	3.32	45:36	13:44	32	18:08	105	20:59	157.10	22:44:54	8:41	47	7:26:33	140	9:33:51
Friedrich-Ludwig	4.60	45:31	9:53	32	16:02	110	21:19	161.70	23:30:25	8:43	46	7:42:31	137	9:50:29