



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Heyer, Hermann

□□□: 29:56:46

□□: LG Mauerweg Berlin, 100MC

□□: 5.38 km/h

□□: 69

□□□□: 11:06 min/km

□□: 161.90 km

□□□□□/□□□: 324 (of 397)

100MeilenBerlin

□□□□□/□: 259 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 40(of 50)

Senioren M55 (55-59 Jahre)

□□□□□□□: 18:35:32

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:16:12	8:51	50	26:49	312	32:04	8.60	1:16:12	8:51	50	26:49	312	32:04
VP2 - East Side G	4.80	39:35	8:14	50	14:49	310	18:32	13.40	1:55:47	8:38	50	41:38	312	50:33
VP3 - Dammweg	5.80	53:11	9:10	49	18:38	309	23:59	19.20	2:48:58	8:48	50	1:00:16	312	1:14:07
VP4 - Johannisth	5.70	50:22	8:50	49	18:40	306	25:50	24.90	3:39:20	8:48	50	1:18:45	310	1:39:38
VP5 - Imbiß "Am	9.50	1:27:10	9:10	49	32:29	307	45:38	34.40	5:06:30	8:54	50	1:51:14	308	2:25:13
VP6 - Buckow	4.50	45:12	10:02	47	18:38	298	24:36	38.90	5:51:42	9:02	50	2:09:52	308	2:49:49
□□□	7.60	1:12:51	9:35	48	28:04	296	38:49	46.50	7:04:33	9:07	50	2:37:56	308	3:28:38
VP8 - Osdorfer St	6.30	1:01:58	9:50	45	25:11	294	34:32	52.80	8:06:31	9:12	50	3:02:10	307	4:03:10
VP9 - Sportplatz	6.50	1:16:36	11:47	42	38:50	278	55:09	59.30	9:23:07	9:29	47	3:35:03	303	4:48:16
VP10 - Königswe	6.20	1:07:25	10:52	47	27:13	291	38:00	65.50	10:30:32	9:37	46	3:58:51	297	5:26:16
VP11 - Gedenkst	6.80	1:25:54	12:37	45	1:01:35	294	1:01:35	72.30	11:56:26	9:54	44	4:35:27	294	6:18:04
VP12 - Brauhaus	6.90	1:16:11	11:02	40	30:33	278	43:04	79.20	13:12:37	10:00	44	4:59:39	292	7:01:08
VP13 - Revierförs	5.70	1:08:34	12:01	43	27:55	287	38:31	84.90	14:21:11	10:08	44	5:24:54	291	7:39:39
VP14 - Schloss S	6.30	1:38:11	15:35	42	52:53	281	1:06:44	91.20	15:59:22	10:31	44	6:17:47	288	8:46:23
VP15 - Pagel & Fi	7.60	1:42:20	13:27	42	51:58	281	1:04:38	98.80	17:41:42	10:44	43	7:05:53	286	9:51:01
VP16 - Karolinenl	4.90	1:03:51	13:01	37	25:53	258	38:16	103.70	18:45:33	10:51	42	7:24:54	281	10:29:17
VP17 - Falkensee	6.50	1:25:48	13:11	39	39:39	266	53:17	110.20	20:11:21	10:59	42	7:57:54	278	11:22:34
VP18 - Schönwal	5.80	1:08:57	11:53	35	29:24	235	39:52	116.00	21:20:18	11:02	41	8:25:32	276	12:02:26
VP19 - Grenzturn	7.30	1:35:27	13:04	34	1:04:04	242	1:07:21	123.30	22:55:45	11:09	41	9:09:09	275	12:59:06
VP20 - Rudercluk	4.80	43:03	8:58	9	8:28	85	18:43	128.10	23:38:48	11:04	41	9:17:37	271	13:17:49
VP21 - Frohnau	4.10	51:52	12:39	30	18:10	164	29:13	132.20	24:30:40	11:07	41	9:35:47	265	13:47:02
VP22 - Naturschu	6.40	1:18:37	12:17	36	30:34	236	45:25	138.60	25:49:17	11:10	41	10:06:21	264	14:32:27
VP23 - Oranienbu	4.50	51:57	11:32	28	17:53	185	27:00	143.10	26:41:14	11:11	40	10:24:14	260	14:59:27
VP24 - Lauftreff l	5.30	1:07:53	12:48	37	28:27	229	39:39	148.40	27:49:07	11:14	40	10:51:49	260	15:39:06
VP25 - Wilhelmsr	5.70	1:03:15	11:05	32	20:36	191	33:14	154.10	28:52:22	11:14	40	11:12:25	260	16:12:20
VP26 - Wollankst	3.10	31:14	10:04	11	6:16	111	14:07	157.20	29:23:36	11:13	40	11:18:41	260	16:26:27
Friedrich-Ludwig	4.20	33:10	7:53	14	6:13	113	13:24	161.90	29:56:46	11:05	40	11:21:14	260	16:39:05