



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

0000

Nurkka, Esa

00: Ultra Running Team Endurance

00: 190

00: 161.90 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 20:42:55

00: 7.77 km/h

0000: 7:41 min/km

00000/0000: 40 (of 319)

00000/0: 32 (of 257)

000000: 15:20:48

00000: 4(of 32)

0000000: 16:39:21

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Brandenbu	7.30	46:32	6:22	11	6:51	91	13:15	7.30	46:32	6:22	11	6:51	91	13:15
VP2 - East Side G	6.46	42:18	6:32	12	8:00	96	12:12	13.76	1:28:50	6:27	12	14:51	93	25:12
VP3 - Dammweg	5.90	40:26	6:51	14	8:06	126	12:51	19.66	2:09:16	6:34	12	22:57	103	36:35
VP4 - Johannisth	5.64	38:05	6:45	10	8:05	101	11:30	25.30	2:47:21	6:36	12	31:02	101	48:05
VP5 - U-Bahnhof	5.90	43:17	7:20	16	11:32	136	14:23	31.20	3:30:38	6:45	12	42:34	109	1:02:06
VP6 - Buckow	4.92	35:56	7:18	14	8:17	112	11:18	36.12	4:06:34	6:49	12	50:19	106	1:13:24
VP7 - Kirchhainer	6.17	43:42	7:04	10	10:07	84	12:38	42.29	4:50:16	6:51	12	58:44	104	1:26:02
VP8 - Lichtenradi	4.37	30:32	6:59	9	6:52	79	8:27	46.66	5:20:48	6:52	11	1:05:36	100	1:34:29
VP9 - Osdorfer St	5.71	39:16	6:52	11	8:48	79	9:44	52.37	6:00:04	6:52	11	1:14:15	99	1:44:13
VP10 - Sportplatz	6.50	55:07	8:28	9	18:47	78	20:17	58.87	6:55:11	7:03	10	1:28:08	88	2:04:30
VP11 - Königswe	6.22	45:59	7:23	5	8:47	41	11:49	65.09	7:41:10	7:05	9	1:36:55	78	2:08:57
VP12 - Gedenkst	6.85	52:02	7:35	4	11:10	47	13:39	71.94	8:33:12	7:08	9	1:48:05	78	2:18:27
VP13 - Brauhaus	6.88	50:40	7:21	4	9:13	29	12:00	78.82	9:23:52	7:09	7	1:57:18	68	2:25:27
VP14 - Revierförs	5.70	44:49	7:51	4	10:23	36	12:45	84.52	10:08:41	7:12	7	2:07:41	67	2:35:56
VP15 - Schloss S	6.24	55:51	8:57	7	15:58	48	19:20	90.76	11:04:32	7:19	7	2:23:39	58	2:52:33
VP16 - Pagel & Fi	7.60	58:01	7:38	2	10:31	19	14:18	98.36	12:02:33	7:20	5	2:34:10	52	3:02:21
VP17 - Karolinenl	4.91	36:54	7:30	4	5:24	29	8:27	103.27	12:39:27	7:21	5	2:39:34	47	3:07:52
VP18 - Falkensee	6.60	48:43	7:22	3	6:01	22	10:21	109.87	13:28:10	7:21	5	2:45:35	41	3:17:15
VP19 - Schönwal	5.95	47:31	7:59	3	7:44	28	12:15	115.82	14:15:41	7:23	4	2:53:19	35	3:29:30
VP20 - Grenzturn	7.60	58:59	7:45	2	7:13	22	15:48	123.42	15:14:40	7:24	4	3:00:32	36	3:45:18
VP21 - Ruderclub	4.78	40:13	8:24	4	6:56	25	12:58	128.20	15:54:53	7:26	4	3:07:28	34	3:58:16
VP22 - Frohnau	4.07	33:12	8:09	4	4:47	26	8:43	132.27	16:28:05	7:28	4	3:12:15	35	4:06:53
VP23 - Naturschu	6.61	58:16	8:48	4	14:31	40	18:37	138.88	17:26:21	7:32	4	3:26:46	33	4:24:03
VP24 - Oranienbu	4.98	40:11	8:04	3	5:49	16	10:25	143.86	18:06:32	7:33	4	3:32:35	32	4:33:33
VP25 - Laufftreff l	5.34	44:26	8:19	5	6:03	27	14:29	149.20	18:50:58	7:34	4	3:38:38	31	4:45:09
VP26 - Wilhelmsr	5.72	46:06	8:03	5	10:37	46	13:58	154.92	19:37:04	7:35	4	3:49:15	31	4:58:37
VP27 - Wollankst	3.02	29:54	9:54	5	5:03	60	20:19	157.94	20:06:58	7:38	4	3:54:18	33	12:35:49
Friedrich-Ludwig	3.96	35:57	9:04	10	9:16	99	15:32	161.90	20:42:55	7:40	4	4:03:34	32	5:22:07