



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Kallestrup, Jane Duch

□□□: 23:05:21

□□: Frisko Runners

□□: 6.97 km/h

□□: 283

□□□□: 8:34 min/km

□□: 161.90 km

□□□□□/□□□□: 78 (of 319)

100MeilenBerlin

□□□□□/□: 13 (of 62)

□□□□□□: 17:03:32

□□□□:

□□□□□: 6(of 17)

Seniorinnen W50 (50-54 Jahre)

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