



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Löhne, Ingolf

□□□: 23:45:19

□□: MediClowns Dresden

□□: 6.78 km/h

□□: 306

□□□□: 8:48 min/km

□□: 161.90 km

□□□□□/□□□: 112 (of 319)

100MeilenBerlin

□□□□□/□: 94 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 17(of 50)

Senioren M50 (50-54 Jahre)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Brandenbu	7.30	46:32	6:22	19	9:31	91	13:15	7.30	46:32	6:22	19	9:31	91	13:15
VP2 - East Side C	6.46	40:21	6:14	12	8:01	57	10:15	13.76	1:26:53	6:18	17	17:32	80	23:15
VP3 - Dammweg	5.90	36:51	6:14	11	6:48	66	9:16	19.66	2:03:44	6:17	13	24:20	71	31:03
VP4 - Johannisth	5.64	40:34	7:11	27	11:49	141	13:59	25.30	2:44:18	6:29	18	36:09	88	45:02
VP5 - U-Bahnhof	5.90	50:42	8:35	45	19:41	215	21:48	31.20	3:35:00	6:53	23	55:50	121	1:06:28
VP6 - Buckow	4.92	33:24	6:47	14	6:49	74	8:46	36.12	4:08:24	6:52	22	1:02:35	113	1:15:14
VP7 - Kirchhainer	6.17	57:56	9:23	45	23:16	215	26:52	42.29	5:06:20	7:14	28	1:25:46	136	1:42:06
VP8 - Lichtenradi	4.37	28:36	6:32	9	4:23	54	6:31	46.66	5:34:56	7:10	26	1:29:11	130	1:48:37
VP9 - Osdorfer St	5.71	35:33	6:13	7	4:56	36	6:01	52.37	6:10:29	7:04	23	1:26:55	115	1:54:38
VP10 - Sportplatz	6.50	1:02:09	9:33	20	25:36	117	27:19	58.87	7:12:38	7:20	18	1:41:07	106	2:21:57
VP11 - Königsw	6.22	43:37	7:00	5	5:06	25	9:27	65.09	7:56:15	7:19	17	1:46:05	99	2:24:02
VP12 - Gedenkst	6.85	58:52	8:35	18	20:29	103	20:29	71.94	8:55:07	7:26	16	2:06:34	100	2:40:22
VP13 - Brauhaus	6.88	1:14:45	10:51	39	36:05	193	36:05	78.82	10:09:52	7:44	17	2:42:39	108	3:11:27
VP14 - Revierförs	5.70	45:15	7:56	8	13:11	39	13:11	84.52	10:55:07	7:45	16	2:55:50	99	3:22:22
VP15 - Schloss S	6.24	56:51	9:06	9	18:19	50	20:20	90.76	11:51:58	7:50	14	3:14:09	90	3:39:59
VP16 - Pagel & Fi	7.60	1:10:55	9:19	20	27:12	94	27:12	98.36	13:02:53	7:57	14	3:41:21	89	4:02:41
VP17 - Karolinenl	4.91	43:31	8:51	16	15:04	77	15:04	103.27	13:46:24	8:00	15	3:56:25	89	4:14:49
VP18 - Falkensee	6.60	1:02:22	9:26	22	24:00	102	24:00	109.87	14:48:46	8:05	17	4:20:25	88	4:37:51
VP19 - Schönwal	5.95	59:40	10:01	21	24:02	92	24:24	115.82	15:48:26	8:11	18	4:44:27	88	5:02:15
VP20 - Grenzturn	7.60	1:18:01	10:15	24	32:46	103	34:50	123.42	17:06:27	8:19	19	5:17:13	90	5:37:05
VP21 - Ruderclub	4.78	59:47	12:30	24	29:21	112	32:32	128.20	18:06:14	8:28	19	5:46:34	89	6:09:37
VP22 - Frohnau	4.07	35:12	8:38	7	10:43	35	10:43	132.27	18:41:26	8:28	18	5:57:17	85	6:20:14
VP23 - Naturschu	6.61	1:07:29	10:12	15	27:50	83	27:50	138.88	19:48:55	8:33	18	6:25:07	89	6:46:37
VP24 - Oranienbu	4.98	1:13:32	14:45	42	41:45	188	43:46	143.86	21:02:27	8:46	19	7:06:52	96	7:29:28
VP25 - Laufftreff l	5.34	52:40	9:51	11	20:48	69	22:43	149.20	21:55:07	8:48	17	7:27:40	93	7:49:18
VP26 - Wilhelmsr	5.72	47:48	8:21	11	12:22	64	15:40	154.92	22:42:55	8:47	17	7:40:02	95	8:04:28
VP27 - Wollankst	3.02	32:32	10:46	15	13:19	83	22:57	157.94	23:15:27	8:50	17	7:53:21	96	15:44:18
Friedrich-Ludwig	3.96	29:52	7:32	12	7:58	58	9:27	161.90	23:45:19	8:48	17	8:01:19	94	8:24:31