



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Lauridsen, Henning

□□□: 26:11:42

□□: Romerike Ultraløperklubb

□□: 6.15 km/h

□□: 202

□□□□: 9:43 min/km

□□: 161.90 km

□□□□□/□□□: 158 (of 319)

100MeilenBerlin

□□□□□/□: 131 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 34(of 59)

Senioren M45 (45-49 Jahre)

□□□□□□□: 17:12:46

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
VP1 - Brandenbu	7.30	46:42	6:23	27	11:51	98	13:25	7.30	46:42	6:23	27	11:51	98	13:25
VP2 - East Side C	6.46	41:57	6:29	22	11:51	86	11:51	13.76	1:28:39	6:26	25	23:35	92	25:01
VP3 - Dammweg	5.90	38:24	6:30	25	10:49	93	10:49	19.66	2:07:03	6:27	25	34:22	89	34:22
VP4 - Johannisth	5.64	37:58	6:43	28	11:23	99	11:23	25.30	2:45:01	6:31	25	45:45	91	45:45
VP5 - U-Bahnhof	5.90	42:02	7:07	30	13:08	110	13:08	31.20	3:27:03	6:38	26	58:31	94	58:31
VP6 - Buckow	4.92	36:18	7:22	31	11:40	120	11:40	36.12	4:03:21	6:44	29	1:10:11	97	1:10:11
VP7 - Kirchhainer	6.17	45:18	7:20	25	14:14	95	14:14	42.29	4:48:39	6:49	30	1:24:25	98	1:24:25
VP8 - Lichtenradi	4.37	32:49	7:30	35	10:44	124	10:44	46.66	5:21:28	6:53	30	1:35:09	102	1:35:09
VP9 - Osdorfer St	5.71	42:59	7:31	35	13:27	130	13:27	52.37	6:04:27	6:57	30	1:48:36	104	1:48:36
VP10 - Sportplatz	6.50	56:37	8:42	28	21:47	88	21:47	58.87	7:01:04	7:09	28	2:10:23	93	2:10:23
VP11 - Königsw	6.22	51:43	8:18	29	16:38	102	17:33	65.09	7:52:47	7:15	26	2:20:34	94	2:20:34
VP12 - Gedenkst	6.85	58:27	8:31	27	17:54	95	20:04	71.94	8:51:14	7:23	27	2:36:29	95	2:36:29
VP13 - Brauhaus	6.88	1:02:06	9:01	30	19:37	106	23:26	78.82	9:53:20	7:31	27	2:54:55	91	2:54:55
VP14 - Revierförs	5.70	53:48	9:26	33	19:28	126	21:44	84.52	10:47:08	7:39	29	3:14:23	95	3:14:23
VP15 - Schloss S	6.24	55:00	8:48	15	15:46	41	18:29	90.76	11:42:08	7:44	26	3:30:09	83	3:30:09
VP16 - Pagel & Fi	7.60	1:11:08	9:21	27	22:55	96	27:25	98.36	12:53:16	7:51	26	3:53:04	83	3:53:04
VP17 - Karolinenl	4.91	49:18	10:02	34	17:37	133	20:51	103.27	13:42:34	7:57	26	4:09:25	85	4:10:59
VP18 - Falkensee	6.60	1:08:22	10:21	34	25:51	137	30:00	109.87	14:50:56	8:06	27	4:30:58	90	4:40:01
VP19 - Schönwal	5.95	1:00:46	10:12	28	22:35	97	25:30	115.82	15:51:42	8:13	26	4:49:45	89	5:05:31
VP20 - Grenzturn	7.60	1:20:01	10:31	28	33:00	115	36:50	123.42	17:11:43	8:21	28	5:13:51	95	5:42:21
VP21 - Ruderclub	4.78	54:12	11:20	25	21:42	88	26:57	128.20	18:05:55	8:28	27	5:29:40	88	6:09:18
VP22 - Frohnau	4.07	46:03	11:18	35	18:54	137	21:34	132.27	18:51:58	8:33	27	5:47:22	97	6:30:46
VP23 - Naturschu	6.61	1:21:03	12:15	37	34:18	146	41:24	138.88	20:13:01	8:44	29	6:19:46	99	7:10:43
VP24 - Oranienbu	4.98	1:12:30	14:33	41	40:09	187	42:44	143.86	21:25:31	8:56	31	6:51:47	110	7:52:32
VP25 - Laufftreff l	5.34	1:22:22	15:25	41	52:25	194	52:25	149.20	22:47:53	9:10	33	7:23:34	116	8:42:04
VP26 - Wilhelmsr	5.72	1:33:51	16:24	42	1:00:19	197	1:01:43	154.92	24:21:44	9:26	34	8:05:50	123	9:43:17
VP27 - Wollankst	3.02	50:08	16:36	41	31:46	193	40:33	157.94	25:11:52	9:34	34	8:24:37	128	17:40:43
Friedrich-Ludwig	3.96	59:50	15:06	42	39:25	197	39:25	161.90	26:11:42	9:42	34	8:58:56	131	10:50:54