



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Timmer, Jörg

00: Die Pinnwandanwärter

00: 46

00: 161.90 km

100MeilenBerlin

0000:

Senioren M40 (40-44 Jahre)

000: 28:45:05

00: 5.60 km/h

0000: 10:40 min/km

00000/0000: 215 (of 319)

00000/0: 172 (of 257)

000000: 15:20:48

00000: 21(of 31)

0000000: 15:20:48

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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	50:42	6:56	22	11:05	153	17:25	7.30	50:42	6:56	22	11:05	153	17:25
VP2 - East Side G	6.46	50:20	7:47	22	16:02	199	20:14	13.76	1:41:02	7:20	22	27:02	186	37:24
VP3 - Dammweg	5.90	42:48	7:15	24	11:49	176	15:13	19.66	2:23:50	7:18	24	38:50	189	51:09
VP4 - Johannisth	5.64	43:16	7:40	24	14:20	185	16:41	25.30	3:07:06	7:23	23	53:10	183	1:07:50
VP5 - U-Bahnhof	5.90	43:44	7:24	22	13:08	142	14:50	31.20	3:50:50	7:23	23	1:06:18	178	1:22:18
VP6 - Buckow	4.92	48:33	9:52	27	22:19	225	23:55	36.12	4:39:23	7:44	23	1:28:37	191	1:46:13
VP7 - Kirchhainer	6.17	57:15	9:16	27	24:23	212	26:11	42.29	5:36:38	7:57	23	1:53:00	198	2:12:24
VP8 - Lichtenradi	4.37	40:45	9:19	28	17:32	217	18:40	46.66	6:17:23	8:05	26	2:10:32	205	2:31:04
VP9 - Osdorfer St	5.71	49:24	8:39	26	18:44	205	19:52	52.37	7:06:47	8:08	25	2:29:16	206	2:50:56
VP10 - Sportplatz	6.50	1:22:17	12:39	24	45:01	198	47:27	58.87	8:29:04	8:38	25	3:14:17	205	3:38:23
VP11 - Königsw	6.22	1:01:07	9:49	19	26:57	182	26:57	65.09	9:30:11	8:45	25	3:41:14	202	3:57:58
VP12 - Gedenkst	6.85	1:17:55	11:22	27	38:31	214	39:32	71.94	10:48:06	9:00	25	4:19:45	208	4:33:21
VP13 - Brauhaus	6.88	1:34:40	13:45	28	55:53	218	56:00	78.82	12:22:46	9:25	27	5:15:38	210	5:24:21
VP14 - Revierförs	5.70	1:13:43	12:55	27	39:54	210	41:39	84.52	13:36:29	9:39	26	5:55:32	209	6:03:44
VP15 - Schloss S	6.24	2:11:14	21:01	27	1:34:43	213	1:34:43	90.76	15:47:43	10:26	26	7:30:15	211	7:35:44
VP16 - Pagel & Fi	7.60	1:16:02	10:00	16	30:25	125	32:19	98.36	17:03:45	10:24	26	8:00:40	210	8:03:33
VP17 - Karolinenl	4.91	50:35	10:18	20	22:05	147	22:08	103.27	17:54:20	10:24	25	8:22:45	204	8:22:45
VP18 - Falkensee	6.60	1:07:51	10:16	17	28:31	135	29:29	109.87	19:02:11	10:23	25	8:51:16	203	8:51:16
VP19 - Schönwal	5.95	1:04:48	10:53	15	29:32	121	29:32	115.82	20:06:59	10:25	25	9:20:48	200	9:20:48
VP20 - Grenzturn	7.60	1:18:38	10:20	15	35:27	110	35:27	123.42	21:25:37	10:24	25	9:56:15	192	9:56:15
VP21 - Ruderclub	4.78	1:19:31	16:38	22	52:16	178	52:16	128.20	22:45:08	10:38	24	10:48:31	193	10:48:31
VP22 - Frohnau	4.07	47:19	11:37	17	22:44	144	22:50	132.27	23:32:27	10:40	24	11:11:15	192	11:11:15
VP23 - Naturschu	6.61	1:18:04	11:48	17	36:58	134	38:25	138.88	24:50:31	10:43	24	11:48:13	192	11:48:13
VP24 - Oranienbu	4.98	57:28	11:32	17	26:47	126	27:42	143.86	25:47:59	10:45	22	12:15:00	186	12:15:00
VP25 - Laufftreff l	5.34	1:00:28	11:19	16	27:38	129	30:31	149.20	26:48:27	10:46	21	12:42:38	181	12:42:38
VP26 - Wilhelmsr	5.72	49:43	8:41	9	17:05	72	17:35	154.92	27:38:10	10:42	21	12:59:43	179	12:59:43
VP27 - Wollankst	3.02	39:03	12:55	16	18:25	144	29:28	157.94	28:17:13	10:44	21	13:18:08	179	20:46:04
Friedrich-Ludwig	3.96	27:52	7:02	5	6:09	38	7:27	161.90	28:45:05	10:39	21	13:24:17	172	13:24:17