



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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## Jankow, Holger

□□: tecis Berlin Mitte

□□: 204

□□: 161.90 km  
100MeilenBerlin

□□□□:  
Senioren M35 (35-39 Jahre)

□□□□□/□□□: DNF (of 319)

□□□□□/□: DNF (of 257)

□□□□□□: 15:20:48

□□□□□: DNF(of 34)

□□□□□□□: 16:12:41

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| □□□                 | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| VP1 - Brandenbu     | 7.30     | 53:23    | 7:18         | 26      | 20:06   | 199     | 20:06   | 7.30   | 53:23     | 7:18      | 26            | 20:06   | 199     | 20:06   |         |
| VP2 - East Side G   | 6.46     | 48:07    | 7:26         | 23      | 17:46   | 185     | 18:01   | 13.76  | 1:41:30   | 7:22      | 23            | 37:52   | 192     | 37:52   |         |
| VP3 - Dammweg       | 5.90     | 45:40    | 7:44         | 24      | 15:45   | 205     | 18:05   | 19.66  | 2:27:10   | 7:29      | 23            | 53:37   | 196     | 54:29   |         |
| VP4 - Johannisth    | 5.64     | 45:33    | 8:04         | 23      | 17:23   | 202     | 18:58   | 25.30  | 3:12:43   | 7:37      | 24            | 1:10:14 | 194     | 1:13:27 |         |
| VP5 - U-Bahnhof     | 5.90     | 45:55    | 7:46         | 24      | 15:16   | 177     | 17:01   | 31.20  | 3:58:38   | 7:38      | 25            | 1:23:32 | 194     | 1:30:06 |         |
| VP6 - Buckow        | 4.92     | 41:02    | 8:20         | 24      | 15:09   | 178     | 16:24   | 36.12  | 4:39:40   | 7:44      | 24            | 1:37:10 | 192     | 1:46:30 |         |
| VP7 - Kirchhainer   | 6.17     | 54:14    | 8:47         | 26      | 21:25   | 199     | 23:10   | 42.29  | 5:33:54   | 7:53      | 24            | 1:55:30 | 193     | 2:09:40 |         |
| VP8 - Lichtenradi   | 4.37     | 34:15    | 7:50         | 21      | 11:21   | 153     | 12:10   | 46.66  | 6:08:09   | 7:53      | 24            | 2:05:46 | 191     | 2:21:50 |         |
| VP9 - Osdorfer St   | 5.71     | 47:23    | 8:17         | 23      | 16:51   | 190     | 17:51   | 52.37  | 6:55:32   | 7:56      | 25            | 2:21:26 | 189     | 2:39:41 |         |
| VP10 - Sportplatz   | 6.50     | 1:16:08  | 11:42        | 19      | 40:44   | 174     | 41:18   | 58.87  | 8:11:40   | 8:21      | 23            | 2:58:47 | 188     | 3:20:59 |         |
| VP11 - Königswe     | 6.22     | 1:02:04  | 9:58         | 26      | 25:48   | 188     | 27:54   | 65.09  | 9:13:44   | 8:30      | 23            | 3:24:35 | 186     | 3:41:31 |         |
| VP12 - Gedenkst     | 6.85     | 1:20:02  | 11:41        | 27      | 40:33   | 217     | 41:39   | 71.94  | 10:33:46  | 8:48      | 24            | 4:05:08 | 196     | 4:19:01 |         |
| VP13 - Brauhaus     | 6.88     | 1:09:19  | 10:04        | 20      | 30:11   | 161     | 30:39   | 78.82  | 11:43:05  | 8:55      | 24            | 4:35:19 | 193     | 4:44:40 |         |
| VP14 - Revierförs   | 5.70     | fehlt!   | -            | -       | -       | -       | -       | 84.52  | -         | -         | -             | -       | -       | -       |         |
| VP15 - Schloss S    | 6.24     | fehlt!   | -            | -       | -       | -       | -       | 90.76  | -         | -         | -             | -       | -       | -       |         |
| VP16 - Pagel & Fi   | 7.60     | fehlt!   | -            | -       | -       | -       | -       | 98.36  | -         | -         | -             | -       | -       | -       |         |
| VP17 - Karolinenl   | 4.91     | fehlt!   | -            | -       | -       | -       | -       | 103.27 | -         | -         | -             | -       | -       | -       |         |
| VP18 - Falkensee    | 6.60     | fehlt!   | -            | -       | -       | -       | -       | 109.87 | -         | -         | -             | -       | -       | -       |         |
| VP19 - Schönwal     | 5.95     | fehlt!   | -            | -       | -       | -       | -       | 115.82 | -         | -         | -             | -       | -       | -       |         |
| VP20 - Grenzturn    | 7.60     | fehlt!   | -            | -       | -       | -       | -       | 123.42 | -         | -         | -             | -       | -       | -       |         |
| VP21 - Ruderclub    | 4.78     | fehlt!   | -            | -       | -       | -       | -       | 128.20 | -         | -         | -             | -       | -       | -       |         |
| VP22 - Frohnau      | 4.07     | fehlt!   | -            | -       | -       | -       | -       | 132.27 | -         | -         | -             | -       | -       | -       |         |
| VP23 - Naturschu    | 6.61     | fehlt!   | -            | -       | -       | -       | -       | 138.88 | -         | -         | -             | -       | -       | -       |         |
| VP24 - Oranienbu    | 4.98     | fehlt!   | -            | -       | -       | -       | -       | 143.86 | -         | -         | -             | -       | -       | -       |         |
| VP25 - Laufftreff l | 5.34     | fehlt!   | -            | -       | -       | -       | -       | 149.20 | -         | -         | -             | -       | -       | -       |         |
| VP26 - Wilhelmsr    | 5.72     | fehlt!   | -            | -       | -       | -       | -       | 154.92 | -         | -         | -             | -       | -       | -       |         |
| VP27 - Wollankst    | 3.02     | fehlt!   | -            | -       | -       | -       | -       | 157.94 | -         | -         | -             | -       | -       | -       |         |
| Friedrich-Ludwig    | 3.96     | fehlt!   | -            | -       | -       | -       | -       | 161.90 | -         | -         | -             | -       | -       | -       |         |