



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Strykowski, Jaroslaw

000: 17:25:55

00: Team ASA 0 Biegiem po Zdrowie.

00: 9.24 km/h

00: 277

0000: 6:28 min/km

00: 161.90 km

00000/000: 8 (of 319)

100MeilenBerlin

00000/0: 7 (of 257)

000000: 15:20:48

0000:

00000: 3(of 59)

Senioren M45 (45-49 Jahre)

0000000: 17:12:46

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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 | 34:58 | 4:47 | 2 | 0:07 | 3 | 1:41 | 7.30 | 34:58 | 4:47 | 2 | 0:07 | 3 | 1:41 |
| VP2 - East Side G | 6.46 | 30:06 | 4:39 | 1 | - | 1 | - | 13.76 | 1:05:04 | 4:43 | 1 | - | 2 | 1:26 |
| VP3 - Dammweg | 5.90 | 27:37 | 4:40 | 2 | 0:02 | 2 | 0:02 | 19.66 | 1:32:41 | 4:42 | 1 | - | 1 | - |
| VP4 - Johannisth | 5.64 | 26:35 | 4:42 | 1 | - | 1 | - | 25.30 | 1:59:16 | 4:42 | 1 | - | 1 | - |
| VP5 - U-Bahnhof | 5.90 | 29:16 | 4:57 | 3 | 0:22 | 3 | 0:22 | 31.20 | 2:28:32 | 4:45 | 1 | - | 1 | - |
| VP6 - Buckow | 4.92 | 24:38 | 5:00 | 1 | - | 1 | - | 36.12 | 2:53:10 | 4:47 | 1 | - | 1 | - |
| VP7 - Kirchhainer | 6.17 | 31:04 | 5:02 | 1 | - | 1 | - | 42.29 | 3:24:14 | 4:49 | 1 | - | 1 | - |
| VP8 - Lichtenradi | 4.37 | 22:05 | 5:03 | 1 | - | 1 | - | 46.66 | 3:46:19 | 4:51 | 1 | - | 1 | - |
| VP9 - Osdorfer St | 5.71 | 29:32 | 5:10 | 1 | - | 1 | - | 52.37 | 4:15:51 | 4:53 | 1 | - | 1 | - |
| VP10 - Sportplatz | 6.50 | 34:50 | 5:21 | 1 | - | 1 | - | 58.87 | 4:50:41 | 4:56 | 1 | - | 1 | - |
| VP11 - Königswe | 6.22 | 41:32 | 6:40 | 5 | 6:27 | 19 | 7:22 | 65.09 | 5:32:13 | 5:06 | 1 | - | 1 | - |
| VP12 - Gedenkst | 6.85 | 42:32 | 6:12 | 3 | 1:59 | 9 | 4:09 | 71.94 | 6:14:45 | 5:12 | 1 | - | 1 | - |
| VP13 - Brauhaus | 6.88 | 45:56 | 6:40 | 7 | 3:27 | 15 | 7:16 | 78.82 | 7:00:41 | 5:20 | 3 | 2:16 | 3 | 2:16 |
| VP14 - Revierförs | 5.70 | 43:29 | 7:37 | 11 | 9:09 | 29 | 11:25 | 84.52 | 7:44:10 | 5:29 | 3 | 11:25 | 5 | 11:25 |
| VP15 - Schloss S | 6.24 | 53:26 | 8:33 | 10 | 14:12 | 31 | 16:55 | 90.76 | 8:37:36 | 5:42 | 3 | 25:37 | 5 | 25:37 |
| VP16 - Pagel & Fi | 7.60 | 59:14 | 7:47 | 8 | 11:01 | 27 | 15:31 | 98.36 | 9:36:50 | 5:51 | 3 | 36:38 | 7 | 36:38 |
| VP17 - Karolinenl | 4.91 | 33:01 | 6:43 | 4 | 1:20 | 9 | 4:34 | 103.27 | 10:09:51 | 5:54 | 3 | 36:42 | 7 | 38:16 |
| VP18 - Falkensee | 6.60 | 51:40 | 7:49 | 11 | 9:09 | 35 | 13:18 | 109.87 | 11:01:31 | 6:01 | 3 | 41:33 | 7 | 50:36 |
| VP19 - Schönwal | 5.95 | 41:01 | 6:53 | 3 | 2:50 | 6 | 5:45 | 115.82 | 11:42:32 | 6:03 | 3 | 40:35 | 7 | 56:21 |
| VP20 - Grenzturn | 7.60 | 54:20 | 7:08 | 4 | 7:19 | 10 | 11:09 | 123.42 | 12:36:52 | 6:07 | 3 | 39:00 | 7 | 1:07:30 |
| VP21 - Ruderclub | 4.78 | 39:00 | 8:09 | 9 | 6:30 | 20 | 11:45 | 128.20 | 13:15:52 | 6:12 | 3 | 39:37 | 7 | 1:19:15 |
| VP22 - Frohnau | 4.07 | 31:16 | 7:40 | 6 | 4:07 | 15 | 6:47 | 132.27 | 13:47:08 | 6:15 | 3 | 42:32 | 7 | 1:25:56 |
| VP23 - Naturschu | 6.61 | 51:44 | 7:49 | 11 | 4:59 | 20 | 12:05 | 138.88 | 14:38:52 | 6:19 | 3 | 45:37 | 7 | 1:36:34 |
| VP24 - Oranienbu | 4.98 | 35:48 | 7:11 | 2 | 3:27 | 6 | 6:02 | 143.86 | 15:14:40 | 6:21 | 3 | 40:56 | 7 | 1:41:41 |
| VP25 - Laufftreff l | 5.34 | 39:08 | 7:19 | 3 | 9:11 | 10 | 9:11 | 149.20 | 15:53:48 | 6:23 | 3 | 29:29 | 7 | 1:47:59 |
| VP26 - Wilhelmsr | 5.72 | 41:03 | 7:10 | 9 | 7:31 | 23 | 8:55 | 154.92 | 16:34:51 | 6:25 | 3 | 18:57 | 7 | 1:56:24 |
| VP27 - Wollankst | 3.02 | 25:32 | 8:27 | 12 | 7:10 | 32 | 15:57 | 157.94 | 17:00:23 | 6:27 | 3 | 13:08 | 8 | 9:29:14 |
| Friedrich-Ludwig | 3.96 | 25:32 | 6:26 | 8 | 5:07 | 22 | 5:07 | 161.90 | 17:25:55 | 6:27 | 3 | 13:09 | 7 | 2:05:07 |