



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

0000

**SPERLICH, Jens**

00: Fristads Kansas Running Team

00: 102

00: 161.70 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 16:32:18

00: 9.73 km/h

0000: 6:08 min/km

00000/0000: 44 (of 459)

00000/0: 13 (of 302)

000000: 13:39:56

00000: 2(of 85)

0000000: 15:47:54

0000

0000

000

| 000                 | 00<br>km | 00<br>00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00<br>min/km | 00<br>-  | 00<br>- | 00<br>0 | 00<br>0 |    |         |
|---------------------|----------|--------------------|---------|---------|---------|---------|-----------|---------------------|----------|---------|---------|---------|----|---------|
| VP1 - Wilhelmsru    | 6.94     | 37:23              | 5:23    | 8       | 3:59    | 30      | 6:22      | 6.94                | 37:23    | 5:23    | 8       | 3:59    | 30 | 6:22    |
| VP2 - Laufftreff Li | 5.69     | 32:01              | 5:37    | 9       | 4:46    | 33      | 7:56      | 12.63               | 1:09:24  | 5:29    | 8       | 8:45    | 30 | 14:18   |
| VP3 - Oranienbur    | 5.74     | 30:28              | 5:18    | 8       | 4:39    | 33      | 6:22      | 18.37               | 1:39:52  | 5:26    | 9       | 13:24   | 31 | 20:40   |
| VP4 - Naturschut    | 4.70     | 28:09              | 5:59    | 4       | 3:02    | 27      | 5:43      | 23.07               | 2:08:01  | 5:32    | 8       | 16:26   | 28 | 26:23   |
| VP5 - Frohnau       | 6.80     | 36:55              | 5:25    | 5       | 3:41    | 26      | 8:00      | 29.87               | 2:44:56  | 5:31    | 7       | 19:08   | 27 | 34:23   |
| VP6 - Ruderclub     | 4.06     | 23:17              | 5:44    | 5       | 1:48    | 26      | 5:10      | 33.93               | 3:08:13  | 5:32    | 7       | 20:56   | 27 | 39:30   |
| VP7 - Grenzturm     | 4.75     | 26:48              | 5:38    | 5       | 2:44    | 28      | 5:05      | 38.68               | 3:35:01  | 5:33    | 7       | 23:40   | 28 | 44:35   |
| VP8 - Schönwald     | 7.52     | 42:20              | 5:37    | 5       | 2:53    | 22      | 6:30      | 46.20               | 4:17:21  | 5:34    | 7       | 25:41   | 28 | 50:41   |
| VP9 - Falkenseer    | 5.76     | 33:46              | 5:51    | 3       | 1:22    | 20      | 5:26      | 51.96               | 4:51:07  | 5:36    | 5       | 26:58   | 28 | 55:39   |
| VP10 - Karolinenl   | 6.54     | 37:32              | 5:44    | 5       | 2:28    | 21      | 5:20      | 58.50               | 5:28:39  | 5:37    | 5       | 28:29   | 24 | 1:00:59 |
| VP11 - Pagel & Fi   | 4.90     | 29:43              | 6:03    | 6       | 1:49    | 26      | 6:40      | 63.40               | 5:58:22  | 5:39    | 5       | 30:18   | 25 | 1:07:39 |
| VP12 - Schloss S    | 7.62     | 46:08              | 6:03    | 4       | 2:37    | 19      | 9:15      | 71.02               | 6:44:30  | 5:41    | 5       | 29:30   | 22 | 1:16:54 |
| VP13 - Revierförs   | 6.21     | 36:24              | 5:51    | 3       | 0:39    | 17      | 7:34      | 77.23               | 7:20:54  | 5:42    | 4       | 27:54   | 21 | 1:24:28 |
| VP14 - Brauhaus     | 6.00     | 33:30              | 5:34    | 3       | 0:29    | 16      | 4:57      | 83.23               | 7:54:24  | 5:41    | 4       | 27:19   | 20 | 1:29:25 |
| VP15 - Gedenkst.    | 6.90     | 40:23              | 5:51    | 4       | 0:49    | 19      | 7:28      | 90.13               | 8:34:47  | 5:42    | 4       | 27:38   | 20 | 1:36:53 |
| VP16 - Königswe     | 6.87     | 43:21              | 6:18    | 2       | 1:42    | 10      | 8:36      | 97.00               | 9:18:08  | 5:45    | 4       | 25:38   | 20 | 1:45:29 |
| VP17 - Sportplatz   | 6.20     | 48:51              | 7:52    | 9       | 11:04   | 31      | 15:06     | 103.20              | 10:06:59 | 5:52    | 4       | 31:50   | 20 | 2:00:35 |
| VP18 - Osdorfer     | 6.50     | 45:23              | 6:58    | 8       | 7:34    | 31      | 10:56     | 109.70              | 10:52:22 | 5:56    | 4       | 34:18   | 20 | 2:09:14 |
| VP19 - Lichtenra    | 5.70     | 37:54              | 6:38    | 1       | -       | 7       | 3:44      | 115.40              | 11:30:16 | 5:58    | 4       | 29:09   | 19 | 2:11:11 |
| VP20 - Kirchhain    | 4.37     | 21:51              | 5:00    | 1       | -       | 5       | 3:01      | 119.77              | 11:52:07 | 5:56    | 4       | 28:00   | 19 | 2:14:12 |
| VP21 - Buckow       | 6.43     | 35:04              | 5:27    | 1       | -       | 4       | 1:28      | 126.20              | 12:27:11 | 5:55    | 3       | 25:24   | 17 | 2:15:40 |
| VP22 - Rudow        | 4.90     | 31:23              | 6:24    | 2       | 1:10    | 11      | 5:24      | 131.10              | 12:58:34 | 5:56    | 3       | 26:34   | 17 | 2:21:04 |
| VP23 - Johannistl   | 5.90     | 35:47              | 6:03    | 2       | 0:45    | 8       | 4:12      | 137.00              | 13:34:21 | 5:56    | 2       | 27:19   | 14 | 2:25:16 |
| VP24 - Dammwe       | 5.70     | 37:01              | 6:29    | 2       | 2:45    | 12      | 5:50      | 142.70              | 14:11:22 | 5:57    | 2       | 30:04   | 14 | 2:30:37 |
| VP25 - East Side    | 5.80     | 43:17              | 7:27    | 2       | 2:46    | 11      | 6:20      | 148.50              | 14:54:39 | 6:01    | 2       | 32:50   | 14 | 2:34:26 |
| VP26 - Checkpoir    | 5.28     | 31:54              | 6:02    | 6       | 6:51    | 21      | 10:21     | 153.78              | 15:26:33 | 6:01    | 2       | 39:41   | 14 | 2:42:17 |
| VP27 - Gedenkst.    | 3.32     | 33:37              | 10:07   | 7       | 6:09    | 28      | 9:00      | 157.10              | 16:00:10 | 6:06    | 2       | 41:49   | 13 | 2:49:07 |
| Friedrich-Ludwig    | 4.60     | 32:08              | 6:59    | 6       | 2:39    | 23      | 7:56      | 161.70              | 16:32:18 | 6:08    | 2       | 44:24   | 13 | 2:52:22 |