



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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WINKLER, Ingolf

□□: www.kilometersammler.de

□□: 111

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 26:41:57

□□: 6.03 km/h

□□□□: 9:54 min/km

□□□□□/□□□□: 282 (of 459)

□□□□□/□: 173 (of 302)

□□□□□□: 13:39:56

□□□□□: 55(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	50:49	7:19	71	17:25	232	19:48	6.94	50:49	7:19	71	17:25	232	19:48
VP2 - Laufftreff Li	5.69	42:10	7:24	67	14:55	213	18:05	12.63	1:32:59	7:21	70	32:20	224	37:53
VP3 - Oranienbur	5.74	41:29	7:13	70	15:40	225	17:23	18.37	2:14:28	7:19	69	48:00	224	55:16
VP4 - Naturschut	4.70	39:16	8:21	70	14:09	217	16:50	23.07	2:53:44	7:31	70	1:02:09	224	1:12:06
VP5 - Frohnau	6.80	46:56	6:54	57	13:42	171	18:01	29.87	3:40:40	7:23	67	1:14:52	215	1:30:07
VP6 - Ruderclub	4.06	35:19	8:41	57	13:50	184	17:12	33.93	4:15:59	7:32	65	1:28:42	205	1:47:16
VP7 - Grenzturm	4.75	35:46	7:31	60	11:42	178	14:03	38.68	4:51:45	7:32	64	1:40:24	199	2:01:19
VP8 - Schönwald	7.52	56:04	7:27	61	16:37	184	20:14	46.20	5:47:49	7:31	64	1:56:09	196	2:21:09
VP9 - Falkenseer	5.76	49:14	8:32	60	16:50	185	20:54	51.96	6:37:03	7:38	64	2:12:54	195	2:41:35
VP10 - Karolinenl	6.54	57:46	8:49	65	22:42	202	25:34	58.50	7:34:49	7:46	62	2:34:39	194	3:07:09
VP11 - Pagel & Fi	4.90	46:44	9:32	67	18:50	215	23:41	63.40	8:21:33	7:54	63	2:53:29	196	3:30:50
VP12 - Schloss S	7.62	1:21:02	10:38	69	37:31	214	44:09	71.02	9:42:35	8:12	64	3:27:35	197	4:14:59
VP13 - Revierförs	6.21	51:22	8:16	48	15:37	145	22:32	77.23	10:33:57	8:12	63	3:40:57	192	4:37:31
VP14 - Brauhaus	6.00	51:00	8:30	56	17:59	168	22:27	83.23	11:24:57	8:13	63	3:57:52	190	4:59:58
VP15 - Gedenkst.	6.90	1:00:17	8:44	62	20:43	177	27:22	90.13	12:25:14	8:16	62	4:18:05	190	5:27:20
VP16 - Königswe	6.87	1:11:13	10:21	56	29:34	173	36:28	97.00	13:36:27	8:25	62	4:43:57	190	6:03:48
VP17 - Sportplatz	6.20	1:26:25	13:56	53	48:38	188	52:40	103.20	15:02:52	8:44	60	5:27:43	189	6:56:28
VP18 - Osdorfer	6.50	1:09:41	10:43	54	31:52	174	35:14	109.70	16:12:33	8:51	61	5:54:29	188	7:29:25
VP19 - Lichtenrav	5.70	1:03:01	11:03	54	25:07	161	28:51	115.40	17:15:34	8:58	59	6:14:27	183	7:56:29
VP20 - Kirchhain	4.37	55:29	12:41	64	33:38	211	36:39	119.77	18:11:03	9:06	59	6:46:56	184	8:33:08
VP21 - Buckow	6.43	1:09:37	10:49	55	34:33	170	36:01	126.20	19:20:40	9:11	58	7:18:53	182	9:09:09
VP22 - Rudow	4.90	57:05	11:38	55	26:52	169	31:06	131.10	20:17:45	9:17	59	7:45:45	183	9:40:15
VP23 - Johannistl	5.90	1:17:35	13:08	53	42:33	188	46:00	137.00	21:35:20	9:27	57	8:28:18	180	10:26:15
VP24 - Dammwe	5.70	1:08:41	12:02	52	34:25	176	37:30	142.70	22:44:01	9:33	56	9:02:43	177	11:03:16
VP25 - East Side	5.80	1:19:12	13:39	52	38:41	183	42:15	148.50	24:03:13	9:43	56	9:41:24	177	11:43:00
VP26 - Checkpoir	5.28	48:38	9:12	48	23:35	162	27:05	153.78	24:51:51	9:42	56	10:04:59	177	12:07:35
VP27 - Gedenkst.	3.32	54:15	16:20	53	26:47	179	29:38	157.10	25:46:06	9:50	55	10:27:45	175	12:35:03
Friedrich-Ludwig	4.60	55:51	12:08	53	26:22	175	31:39	161.70	26:41:57	9:54	55	10:54:03	173	13:02:01