



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

0000

KRUSE, Jens

000: 23:01:24

00: LG Ultralauf

00: 6.99 km/h

00: 177

0000: 8:32 min/km

00: 161.70 km

00000/000: 204 (of 459)

100MeilenBerlin

00000/0: 116 (of 302)

000000: 13:39:56

0000:

00000: 25(of 58)

Senioren M50 (50-54 Jahre)

0000000: 15:32:56

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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 - Wilhelmsru	6.94	48:19	6:57	38	14:53	178	17:18	6.94	48:19	6:57	38	14:53	178	17:18
VP2 - Laufftreff Li	5.69	40:45	7:09	39	13:04	188	16:40	12.63	1:29:04	7:03	39	27:57	188	33:58
VP3 - Oranienbur	5.74	38:43	6:44	36	11:34	183	14:37	18.37	2:07:47	6:57	39	39:31	185	48:35
VP4 - Naturschut	4.70	37:44	8:01	42	12:22	202	15:18	23.07	2:45:31	7:10	37	51:53	190	1:03:53
VP5 - Frohnau	6.80	49:34	7:17	44	15:46	209	20:39	29.87	3:35:05	7:12	38	1:07:39	194	1:24:32
VP6 - Ruderclub	4.06	42:11	10:23	50	20:47	245	24:04	33.93	4:17:16	7:34	41	1:27:42	207	1:48:33
VP7 - Grenzturm	4.75	37:11	7:49	40	13:03	198	15:28	38.68	4:54:27	7:36	41	1:40:26	205	2:04:01
VP8 - Schönwald	7.52	57:17	7:37	41	18:06	192	21:27	46.20	5:51:44	7:36	41	1:54:42	202	2:25:04
VP9 - Falkenseer	5.76	51:16	8:54	43	19:53	199	22:56	51.96	6:43:00	7:45	41	2:14:23	204	2:47:32
VP10 - Karolinenl	6.54	52:04	7:57	34	17:23	152	19:52	58.50	7:35:04	7:46	42	2:29:24	195	3:07:24
VP11 - Pagel & Fi	4.90	50:24	10:17	49	23:28	238	27:21	63.40	8:25:28	7:58	42	2:50:54	198	3:34:45
VP12 - Schloss S	7.62	59:26	7:47	19	18:23	87	22:33	71.02	9:24:54	7:57	40	3:06:29	183	3:57:18
VP13 - Revierförs	6.21	54:10	8:43	41	18:54	179	25:20	77.23	10:19:04	8:00	41	3:25:05	184	4:22:38
VP14 - Brauhaus	6.00	56:49	9:28	48	24:29	215	28:16	83.23	11:15:53	8:07	41	3:44:59	187	4:50:54
VP15 - Gedenkst.	6.90	58:19	8:27	35	20:01	167	25:24	90.13	12:14:12	8:08	41	4:04:37	185	5:16:18
VP16 - Königswe	6.87	1:03:57	9:18	25	20:30	128	29:12	97.00	13:18:09	8:13	38	4:23:52	174	5:45:30
VP17 - Sportplatz	6.20	1:20:31	12:59	38	42:40	173	46:46	103.20	14:38:40	8:30	38	5:06:32	173	6:32:16
VP18 - Osdorfer	6.50	55:50	8:35	26	17:57	110	21:23	109.70	15:34:30	8:31	37	5:24:29	170	6:51:22
VP19 - Lichtenra	5.70	52:50	9:16	16	13:25	93	18:40	115.40	16:27:20	8:33	35	5:37:54	166	7:08:15
VP20 - Kirchhain	4.37	37:04	8:28	23	13:16	110	18:14	119.77	17:04:24	8:33	35	5:51:10	163	7:26:29
VP21 - Buckow	6.43	57:21	8:55	25	20:54	113	23:45	126.20	18:01:45	8:34	34	6:12:04	158	7:50:14
VP22 - Rudow	4.90	44:49	9:08	17	14:46	88	18:50	131.10	18:46:34	8:35	32	6:26:50	154	8:09:04
VP23 - Johannistl	5.90	54:26	9:13	16	19:04	85	22:51	137.00	19:41:00	8:37	31	6:45:54	149	8:31:55
VP24 - Dammwe	5.70	53:38	9:24	18	18:40	87	22:27	142.70	20:34:38	8:39	30	7:04:34	146	8:53:53
VP25 - East Side	5.80	59:03	10:10	11	19:25	68	22:06	148.50	21:33:41	8:42	30	7:23:59	144	9:13:28
VP26 - Checkpoir	5.28	30:02	5:41	2	5:10	14	8:29	153.78	22:03:43	8:36	28	7:29:09	140	9:19:27
VP27 - Gedenkst.	3.32	29:56	9:00	4	3:26	13	5:19	157.10	22:33:39	8:36	26	7:32:35	127	9:22:36
Friedrich-Ludwig	4.60	27:45	6:01	1	-	5	3:33	161.70	23:01:24	8:32	25	7:28:28	116	9:21:28