



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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LÜTGERT, Heiner

□□: TSVE 1890 Bielefeld

□□: 19

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:37:37

□□: 6.84 km/h

□□□□: 8:46 min/km

□□□□□/□□□: 238 (of 459)

□□□□□/□: 143 (of 302)

□□□□□□: 13:39:56

□□□□□: 31(of 58)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	50:55	7:20	48	17:29	236	19:54	6.94	50:55	7:20	48	17:29	236	19:54	
VP2 - Laufftreff Li	5.69	44:29	7:49	51	16:48	248	20:24	12.63	1:35:24	7:33	51	34:17	242	40:18	
VP3 - Oranienbur	5.74	44:53	7:49	52	17:44	262	20:47	18.37	2:20:17	7:38	51	52:01	253	1:01:05	
VP4 - Naturschut	4.70	39:43	8:27	44	14:21	224	17:17	23.07	3:00:00	7:48	51	1:06:22	244	1:18:22	
VP5 - Frohnau	6.80	54:25	8:00	52	20:37	249	25:30	29.87	3:54:25	7:50	51	1:26:59	246	1:43:52	
VP6 - Ruderclub	4.06	36:21	8:57	39	14:57	195	18:14	33.93	4:30:46	7:58	50	1:41:12	243	2:02:03	
VP7 - Grenzturm	4.75	41:03	8:38	50	16:55	235	19:20	38.68	5:11:49	8:03	51	1:57:48	242	2:21:23	
VP8 - Schönwald	7.52	1:00:36	8:03	47	21:25	215	24:46	46.20	6:12:25	8:03	51	2:15:23	240	2:45:45	
VP9 - Falkenseer	5.76	54:28	9:27	49	23:05	229	26:08	51.96	7:06:53	8:12	50	2:38:16	234	3:11:25	
VP10 - Karolinenl	6.54	56:59	8:42	43	22:18	197	24:47	58.50	8:03:52	8:16	51	2:58:12	235	3:36:12	
VP11 - Pagel & Fi	4.90	46:03	9:23	46	19:07	211	23:00	63.40	8:49:55	8:21	51	3:15:21	233	3:59:12	
VP12 - Schloss S	7.62	1:08:12	8:57	33	27:09	141	31:19	71.02	9:58:07	8:25	47	3:39:42	214	4:30:31	
VP13 - Revierförs	6.21	53:29	8:36	38	18:13	170	24:39	77.23	10:51:36	8:26	47	3:57:37	211	4:55:10	
VP14 - Brauhaus	6.00	47:39	7:56	28	15:19	125	19:06	83.23	11:39:15	8:24	45	4:08:21	206	5:14:16	
VP15 - Gedenkst.	6.90	53:25	7:44	24	15:07	119	20:30	90.13	12:32:40	8:21	44	4:23:05	198	5:34:46	
VP16 - Königswe	6.87	1:03:11	9:11	24	19:44	120	28:26	97.00	13:35:51	8:24	42	4:41:34	187	6:03:12	
VP17 - Sportplatz	6.20	1:05:01	10:29	19	27:10	101	31:16	103.20	14:40:52	8:32	39	5:08:44	175	6:34:28	
VP18 - Osdorfer	6.50	57:03	8:46	29	19:10	121	22:36	109.70	15:37:55	8:32	40	5:27:54	176	6:54:47	
VP19 - Lichtenra	5.70	55:22	9:42	21	15:57	109	21:12	115.40	16:33:17	8:36	38	5:43:51	173	7:14:12	
VP20 - Kirchhain	4.37	36:09	8:16	20	12:21	96	17:19	119.77	17:09:26	8:35	37	5:56:12	166	7:31:31	
VP21 - Buckow	6.43	54:03	8:24	17	17:36	86	20:27	126.20	18:03:29	8:35	36	6:13:48	161	7:51:58	
VP22 - Rudow	4.90	47:50	9:45	28	17:47	126	21:51	131.10	18:51:19	8:37	39	6:31:35	165	8:13:49	
VP23 - Johannistl	5.90	55:15	9:21	21	19:53	91	23:40	137.00	19:46:34	8:39	34	6:51:28	157	8:37:29	
VP24 - Dammwe	5.70	52:17	9:10	15	17:19	75	21:06	142.70	20:38:51	8:40	34	7:08:47	152	8:58:06	
VP25 - East Side	5.80	59:16	10:13	13	19:38	70	22:19	148.50	21:38:07	8:44	34	7:28:25	151	9:17:54	
VP26 - Checkpoir	5.28	38:14	7:14	12	13:22	63	16:41	153.78	22:16:21	8:41	32	7:41:47	146	9:32:05	
VP27 - Gedenkst.	3.32	42:05	12:40	14	15:35	72	17:28	157.10	22:58:26	8:46	32	7:57:22	146	9:47:23	
Friedrich-Ludwig	4.60	39:11	8:31	15	11:26	68	14:59	161.70	23:37:37	8:46	31	8:04:41	143	9:57:41	