



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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TONKENS, Jan

□□: Loopgroep Biddinghuizen

□□: 196

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 27:27:06

□□: 5.86 km/h

□□□□: 10:11 min/km

□□□□□/□□□□: 297 (of 459)

□□□□□/□: 183 (of 302)

□□□□□□: 13:39:56

□□□□□: 42(of 58)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	47:27	6:50	35	14:01	162	16:26	6.94	47:27	6:50	35	14:01	162	16:26
VP2 - Laufftreff Li	5.69	39:18	6:54	34	11:37	163	15:13	12.63	1:26:45	6:52	34	25:38	161	31:39
VP3 - Oranienbur	5.74	36:55	6:25	31	9:46	147	12:49	18.37	2:03:40	6:43	33	35:24	154	44:28
VP4 - Naturschut	4.70	34:19	7:18	26	8:57	136	11:53	23.07	2:37:59	6:50	34	44:21	153	56:21
VP5 - Frohnau	6.80	45:14	6:39	33	11:26	148	16:19	29.87	3:23:13	6:48	34	55:47	155	1:12:40
VP6 - Ruderclub	4.06	36:28	8:58	40	15:04	197	18:21	33.93	3:59:41	7:03	34	1:10:07	167	1:30:58
VP7 - Grenzturm	4.75	34:13	7:12	33	10:05	156	12:30	38.68	4:33:54	7:04	34	1:19:53	161	1:43:28
VP8 - Schönwald	7.52	53:22	7:05	36	14:11	161	17:32	46.20	5:27:16	7:05	34	1:30:14	159	2:00:36
VP9 - Falkenseer	5.76	49:10	8:32	37	17:47	182	20:50	51.96	6:16:26	7:14	35	1:47:49	162	2:20:58
VP10 - Karolinenl	6.54	53:45	8:13	37	19:04	166	21:33	58.50	7:10:11	7:21	34	2:04:31	159	2:42:31
VP11 - Pagel & Fi	4.90	45:56	9:22	45	19:00	210	22:53	63.40	7:56:07	7:30	34	2:21:33	167	3:05:24
VP12 - Schloss S	7.62	1:09:44	9:09	35	28:41	155	32:51	71.02	9:05:51	7:41	36	2:47:26	173	3:38:15
VP13 - Revierförs	6.21	56:01	9:01	45	20:45	196	27:11	77.23	10:01:52	7:47	36	3:07:53	173	4:05:26
VP14 - Brauhaus	6.00	55:24	9:13	45	23:04	203	26:51	83.23	10:57:16	7:53	37	3:26:22	174	4:32:17
VP15 - Gedenkst.	6.90	1:03:23	9:11	44	25:05	196	30:28	90.13	12:00:39	7:59	39	3:51:04	175	5:02:45
VP16 - Königswe	6.87	1:18:08	11:22	46	34:41	207	43:23	97.00	13:18:47	8:14	39	4:24:30	175	5:46:08
VP17 - Sportplatz	6.20	1:36:48	15:36	46	58:57	209	1:03:03	103.20	14:55:35	8:40	43	5:23:27	186	6:49:11
VP18 - Osdorfer	6.50	59:41	9:10	30	21:48	136	25:14	109.70	15:55:16	8:42	42	5:45:15	181	7:12:08
VP19 - Lichtenra	5.70	1:16:07	13:21	45	36:42	216	41:57	115.40	17:11:23	8:56	41	6:21:57	181	7:52:18
VP20 - Kirchhain	4.37	47:04	10:46	41	23:16	182	28:14	119.77	17:58:27	9:00	41	6:45:13	181	8:20:32
VP21 - Buckow	6.43	1:22:11	12:46	46	45:44	205	48:35	126.20	19:20:38	9:11	40	7:30:57	181	9:09:07
VP22 - Rudow	4.90	56:53	11:36	39	26:50	167	30:54	131.10	20:17:31	9:17	41	7:57:47	181	9:40:01
VP23 - Johannistl	5.90	1:17:53	13:12	47	42:31	190	46:18	137.00	21:35:24	9:27	41	8:40:18	181	10:26:19
VP24 - Dammwe	5.70	1:08:35	12:01	42	33:37	173	37:24	142.70	22:43:59	9:33	41	9:13:55	176	11:03:14
VP25 - East Side	5.80	1:33:48	16:10	48	54:10	208	56:51	148.50	24:17:47	9:49	41	10:08:05	179	11:57:34
VP26 - Checkpoir	5.28	1:04:56	12:17	47	40:04	213	43:23	153.78	25:22:43	9:54	41	10:48:09	180	12:38:27
VP27 - Gedenkst.	3.32	1:01:35	18:32	45	35:05	203	36:58	157.10	26:24:18	10:05	42	11:23:14	182	13:13:15
Friedrich-Ludwig	4.60	1:02:48	13:39	45	35:03	204	38:36	161.70	27:27:06	10:11	42	11:54:10	183	13:47:10