



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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ZACH, Jürgen

□□: Amult Lauftreff

□□: 205

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 22:58:15

□□: 7.01 km/h

□□□□: 8:31 min/km

□□□□□/□□□□: 203 (of 459)

□□□□□/□: 115 (of 302)

□□□□□□: 13:39:56

□□□□□: 40(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	42:00	6:03	22	8:36	74	10:59	6.94	42:00	6:03	22	8:36	74	10:59
VP2 - Lauftreff Li	5.69	34:56	6:08	22	7:41	72	10:51	12.63	1:16:56	6:05	19	16:17	71	21:50
VP3 - Oranienbur	5.74	33:14	5:47	25	7:25	71	9:08	18.37	1:50:10	5:59	24	23:42	72	30:58
VP4 - Naturschut	4.70	30:11	6:25	16	5:04	55	7:45	23.07	2:20:21	6:05	22	28:46	68	38:43
VP5 - Frohnau	6.80	40:51	6:00	23	7:37	72	11:56	29.87	3:01:12	6:03	22	35:24	68	50:39
VP6 - Ruderclub	4.06	28:56	7:07	34	7:27	100	10:49	33.93	3:30:08	6:11	20	42:51	66	1:01:25
VP7 - Grenzturm	4.75	30:14	6:21	22	6:10	72	8:31	38.68	4:00:22	6:12	21	49:01	68	1:09:56
VP8 - Schönwald	7.52	48:53	6:30	28	9:26	85	13:03	46.20	4:49:15	6:15	21	57:35	70	1:22:35
VP9 - Falkenseer	5.76	41:31	7:12	30	9:07	87	13:11	51.96	5:30:46	6:21	22	1:06:37	72	1:35:18
VP10 - Karolinenl	6.54	48:30	7:24	34	13:26	108	16:18	58.50	6:19:16	6:28	23	1:19:06	74	1:51:36
VP11 - Pagel & Fi	4.90	36:32	7:27	35	8:38	102	13:29	63.40	6:55:48	6:33	23	1:27:44	79	2:05:05
VP12 - Schloss S	7.62	1:13:42	9:40	61	30:11	182	36:49	71.02	8:09:30	6:53	33	1:54:30	89	2:41:54
VP13 - Revierförs	6.21	49:26	7:57	43	13:41	123	20:36	77.23	8:58:56	6:58	33	2:05:56	92	3:02:30
VP14 - Brauhaus	6.00	49:25	8:14	53	16:24	154	20:52	83.23	9:48:21	7:04	35	2:21:16	97	3:23:22
VP15 - Gedenkst.	6.90	57:08	8:16	52	17:34	154	24:13	90.13	10:45:29	7:09	38	2:38:20	104	3:47:35
VP16 - Königswe	6.87	1:22:14	11:58	69	40:35	218	47:29	97.00	12:07:43	7:30	41	3:15:13	121	4:35:04
VP17 - Sportplatz	6.20	54:45	8:49	15	16:58	55	21:00	103.20	13:02:28	7:34	39	3:27:19	114	4:56:04
VP18 - Osdorfer	6.50	48:24	7:26	16	10:35	53	13:57	109.70	13:50:52	7:34	36	3:32:48	102	5:07:44
VP19 - Lichtenra	5.70	54:01	9:28	40	16:07	101	19:51	115.40	14:44:53	7:40	36	3:43:46	102	5:25:48
VP20 - Kirchhain	4.37	43:27	9:56	53	21:36	163	24:37	119.77	15:28:20	7:45	37	4:04:13	106	5:50:25
VP21 - Buckow	6.43	1:01:31	9:34	48	26:27	141	27:55	126.20	16:29:51	7:50	37	4:28:04	109	6:18:20
VP22 - Rudow	4.90	47:11	9:37	39	16:58	120	21:12	131.10	17:17:02	7:54	38	4:45:02	109	6:39:32
VP23 - Johannistl	5.90	1:00:35	10:16	44	25:33	132	29:00	137.00	18:17:37	8:00	38	5:10:35	108	7:08:32
VP24 - Dammwe	5.70	57:09	10:01	36	22:53	112	25:58	142.70	19:14:46	8:05	38	5:33:28	107	7:34:01
VP25 - East Side	5.80	1:09:54	12:03	41	29:23	132	32:57	148.50	20:24:40	8:14	37	6:02:51	105	8:04:27
VP26 - Checkpoir	5.28	44:44	8:28	41	19:41	136	23:11	153.78	21:09:24	8:15	37	6:22:32	104	8:25:08
VP27 - Gedenkst.	3.32	53:38	16:09	50	26:10	170	29:01	157.10	22:03:02	8:25	39	6:44:41	111	8:51:59
Friedrich-Ludwig	4.60	55:13	12:00	51	25:44	171	31:01	161.70	22:58:15	8:31	40	7:10:21	115	9:18:19