



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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UHRICH, Ingmar

□□: Lauf Team Unna

□□: 209

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 23:12:03

□□: 6.94 km/h

□□□□: 8:36 min/km

□□□□□/□□□□: 213 (of 459)

□□□□□/□: 122 (of 302)

□□□□□□: 13:39:56

□□□□□: 14(of 46)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	42:23	6:06	4	11:22	91	11:22	6.94	42:23	6:06	4	11:22	91	11:22
VP2 - Laufftreff Li	5.69	36:44	6:27	6	12:39	111	12:39	12.63	1:19:07	6:15	5	24:01	103	24:01
VP3 - Oranienbur	5.74	35:01	6:06	8	10:55	118	10:55	18.37	1:54:08	6:12	5	34:56	104	34:56
VP4 - Naturschut	4.70	31:56	6:47	7	9:30	94	9:30	23.07	2:26:04	6:19	6	44:26	101	44:26
VP5 - Frohnau	6.80	42:48	6:17	5	13:53	102	13:53	29.87	3:08:52	6:19	6	58:19	97	58:19
VP6 - Ruderclub	4.06	34:46	8:33	21	16:36	171	16:39	33.93	3:43:38	6:35	7	1:14:55	114	1:14:55
VP7 - Grenzturm	4.75	32:05	6:45	6	10:22	112	10:22	38.68	4:15:43	6:36	7	1:25:17	112	1:25:17
VP8 - Schönwald	7.52	48:27	6:26	5	12:13	79	12:37	46.20	5:04:10	6:35	5	1:37:30	104	1:37:30
VP9 - Falkenseer	5.76	46:21	8:02	14	17:33	145	18:01	51.96	5:50:31	6:44	6	1:55:03	107	1:55:03
VP10 - Karolinenl	6.54	48:17	7:22	6	16:05	106	16:05	58.50	6:38:48	6:49	6	2:11:08	107	2:11:08
VP11 - Pagel & Fi	4.90	38:41	7:53	13	15:38	132	15:38	63.40	7:17:29	6:54	6	2:26:46	109	2:26:46
VP12 - Schloss S	7.62	1:11:06	9:19	18	34:13	160	34:13	71.02	8:28:35	7:09	8	3:00:59	122	3:00:59
VP13 - Revierförs	6.21	53:57	8:41	15	25:07	175	25:07	77.23	9:22:32	7:17	9	3:26:06	126	3:26:06
VP14 - Brauhaus	6.00	48:30	8:05	13	19:57	141	19:57	83.23	10:11:02	7:20	9	3:46:03	125	3:46:03
VP15 - Gedenkst.	6.90	54:24	7:53	13	21:29	131	21:29	90.13	11:05:26	7:22	9	4:07:32	126	4:07:32
VP16 - Königswe	6.87	1:09:08	10:03	16	34:23	161	34:23	97.00	12:14:34	7:34	9	4:41:55	125	4:41:55
VP17 - Sportplatz	6.20	1:21:05	13:04	24	47:20	176	47:20	103.20	13:35:39	7:54	13	5:29:15	138	5:29:15
VP18 - Osdorfer	6.50	57:01	8:46	11	20:17	120	22:34	109.70	14:32:40	7:57	13	5:49:32	137	5:49:32
VP19 - Lichtenra	5.70	1:00:57	10:41	18	25:00	156	26:47	115.40	15:33:37	8:05	13	6:14:32	131	6:14:32
VP20 - Kirchhain	4.37	41:42	9:32	16	22:52	154	22:52	119.77	16:15:19	8:08	13	6:37:24	135	6:37:24
VP21 - Buckow	6.43	1:00:34	9:25	13	26:58	134	26:58	126.20	17:15:53	8:12	13	7:04:22	134	7:04:22
VP22 - Rudow	4.90	45:09	9:12	6	19:10	91	19:10	131.10	18:01:02	8:14	13	7:23:32	135	7:23:32
VP23 - Johannistl	5.90	53:58	9:08	9	22:23	76	22:23	137.00	18:55:00	8:17	13	7:45:55	130	7:45:55
VP24 - Dammwe	5.70	52:21	9:11	8	20:41	77	21:10	142.70	19:47:21	8:19	14	8:06:36	129	8:06:36
VP25 - East Side	5.80	1:04:08	11:03	13	24:40	100	27:11	148.50	20:51:29	8:25	13	8:31:16	122	8:31:16
VP26 - Checkpoir	5.28	44:55	8:30	19	20:52	138	23:22	153.78	21:36:24	8:25	13	8:52:08	122	8:52:08
VP27 - Gedenkst.	3.32	46:49	14:06	18	20:02	123	22:12	157.10	22:23:13	8:33	14	9:12:10	123	9:12:10
Friedrich-Ludwig	4.60	48:50	10:36	18	19:57	138	24:38	161.70	23:12:03	8:36	14	9:32:07	122	9:32:07