



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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LÖHR, Alexander

□□: -die herren gärtner-
□□: 219

□□: 161.70 km
100MeilenBerlin

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 25:04:24

□□: 6.42 km/h
□□□□: 9:18 min/km

□□□□□/□□□□: 264 (of 459)

□□□□□/□: 159 (of 302)

□□□□□□: 13:39:56

□□□□□: 24(of 36)

□□□□□□□: 14:37:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	51:27	7:24	34	18:05	243	20:26	6.94	51:27	7:24	34	18:05	243	20:26	
VP2 - Laufftreff Li	5.69	43:56	7:43	31	17:12	241	19:51	12.63	1:35:23	7:33	32	35:17	241	40:17	
VP3 - Oranienbur	5.74	41:22	7:12	32	16:11	222	17:16	18.37	2:16:45	7:26	31	51:28	238	57:33	
VP4 - Naturschut	4.70	40:22	8:35	32	16:28	230	17:56	23.07	2:57:07	7:40	32	1:07:56	234	1:15:29	
VP5 - Frohnau	6.80	49:48	7:19	28	17:11	212	20:53	29.87	3:46:55	7:35	33	1:25:07	229	1:36:22	
VP6 - Ruderclub	4.06	33:46	8:19	24	13:23	160	15:39	33.93	4:20:41	7:40	29	1:38:30	217	1:51:58	
VP7 - Grenzturm	4.75	38:18	8:03	31	14:02	217	16:35	38.68	4:58:59	7:43	29	1:52:13	218	2:08:33	
VP8 - Schönwald	7.52	55:16	7:20	26	16:12	179	19:26	46.20	5:54:15	7:40	29	2:06:41	213	2:27:35	
VP9 - Falkenseer	5.76	50:39	8:47	26	20:01	194	22:19	51.96	6:44:54	7:47	29	2:22:20	207	2:49:26	
VP10 - Karolinenl	6.54	53:42	8:12	24	18:09	165	21:30	58.50	7:38:36	7:50	28	2:38:55	202	3:10:56	
VP11 - Pagel & Fi	4.90	43:56	8:57	24	18:27	186	20:53	63.40	8:22:32	7:55	28	2:56:28	197	3:31:49	
VP12 - Schloss S	7.62	1:14:55	9:49	23	34:36	190	38:02	71.02	9:37:27	8:07	26	3:29:19	193	4:09:51	
VP13 - Revierförs	6.21	57:34	9:16	28	26:01	203	28:44	77.23	10:35:01	8:13	26	3:51:52	194	4:38:35	
VP14 - Brauhaus	6.00	50:33	8:25	23	19:43	164	22:00	83.23	11:25:34	8:14	26	4:11:21	191	5:00:35	
VP15 - Gedenkst.	6.90	51:11	7:25	19	16:58	101	18:16	90.13	12:16:45	8:10	26	4:27:53	188	5:18:51	
VP16 - Königswe	6.87	1:10:04	10:11	23	32:00	167	35:19	97.00	13:26:49	8:19	25	4:58:43	181	5:54:10	
VP17 - Sportplatz	6.20	1:17:11	12:26	23	43:11	159	43:26	103.20	14:44:00	8:33	25	5:41:48	181	6:37:36	
VP18 - Osdorfer	6.50	51:44	7:57	17	17:04	75	17:17	109.70	15:35:44	8:31	25	5:58:52	172	6:52:36	
VP19 - Lichtenra	5.70	57:03	10:00	20	22:45	130	22:53	115.40	16:32:47	8:36	25	6:21:37	170	7:13:42	
VP20 - Kirchhain	4.37	36:49	8:25	19	16:14	107	17:59	119.77	17:09:36	8:35	24	6:37:51	168	7:31:41	
VP21 - Buckow	6.43	54:05	8:24	17	20:03	87	20:29	126.20	18:03:41	8:35	24	6:57:21	164	7:52:10	
VP22 - Rudow	4.90	42:57	8:45	14	15:40	69	16:58	131.10	18:46:38	8:35	24	7:11:24	155	8:09:08	
VP23 - Johannistl	5.90	59:36	10:06	17	27:43	124	28:01	137.00	19:46:14	8:39	24	7:36:23	155	8:37:09	
VP24 - Dammwe	5.70	1:03:39	11:09	23	31:36	149	32:28	142.70	20:49:53	8:45	24	8:07:10	157	9:09:08	
VP25 - East Side	5.80	1:17:27	13:21	25	40:30	172	40:30	148.50	22:07:20	8:56	24	8:47:40	158	9:47:07	
VP26 - Checkpoir	5.28	49:59	9:27	24	28:26	174	28:26	153.78	22:57:19	8:57	24	9:13:10	159	10:13:03	
VP27 - Gedenkst.	3.32	1:05:29	19:43	27	40:39	208	40:52	157.10	24:02:48	9:11	24	9:50:42	158	10:51:45	
Friedrich-Ludwig	4.60	1:01:36	13:23	26	37:24	197	37:24	161.70	25:04:24	9:18	24	10:26:49	159	11:24:28	