



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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BÖLKE, Carsten

□□□: 22:25:03

□□: LG Ultralauf

□□: 7.18 km/h

□□: 222

□□□□: 8:19 min/km

□□: 161.70 km

□□□□□/□□□□: 178 (of 459)

100MeilenBerlin

□□□□□/□: 99 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 11(of 31)

Senioren M35 (35-39 Jahre)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	49:24	7:07	22	17:33	207	18:23	6.94	49:24	7:07	22	17:33	207	18:23
VP2 - Laufftreff Li	5.69	41:55	7:22	23	15:52	208	17:50	12.63	1:31:19	7:13	22	32:11	208	36:13
VP3 - Oranienbur	5.74	40:27	7:02	24	15:03	216	16:21	18.37	2:11:46	7:10	22	46:39	208	52:34
VP4 - Naturschut	4.70	36:52	7:50	19	13:33	182	14:26	23.07	2:48:38	7:18	21	1:00:12	201	1:07:00
VP5 - Frohnau	6.80	48:38	7:09	22	19:40	197	19:43	29.87	3:37:16	7:16	21	1:19:52	201	1:26:43
VP6 - Ruderclub	4.06	35:58	8:51	21	17:51	192	17:51	33.93	4:13:14	7:27	21	1:37:43	199	1:44:31
VP7 - Grenzturm	4.75	33:35	7:04	16	11:06	145	11:52	38.68	4:46:49	7:24	20	1:48:49	191	1:56:23
VP8 - Schönwald	7.52	54:21	7:13	18	18:31	171	18:31	46.20	5:41:10	7:23	20	2:07:20	185	2:14:30
VP9 - Falkenseer	5.76	48:33	8:25	20	20:13	171	20:13	51.96	6:29:43	7:30	20	2:27:33	182	2:34:15
VP10 - Karolinenl	6.54	51:00	7:47	16	18:16	139	18:48	58.50	7:20:43	7:32	20	2:45:46	177	2:53:03
VP11 - Pagel & Fi	4.90	41:26	8:27	19	16:22	163	18:23	63.40	8:02:09	7:36	20	3:01:37	175	3:11:26
VP12 - Schloss S	7.62	1:01:07	8:01	13	21:19	97	24:14	71.02	9:03:16	7:38	19	3:17:14	170	3:35:40
VP13 - Revierförs	6.21	50:54	8:11	18	18:25	138	22:04	77.23	9:54:10	7:41	18	3:35:39	163	3:57:44
VP14 - Brauhaus	6.00	49:06	8:11	14	19:27	147	20:33	83.23	10:43:16	7:43	18	3:53:23	163	4:18:17
VP15 - Gedenkst.	6.90	55:41	8:04	15	20:28	140	22:46	90.13	11:38:57	7:45	18	4:11:41	158	4:41:03
VP16 - Königswe	6.87	1:10:35	10:16	20	30:16	170	35:50	97.00	12:49:32	7:55	20	4:35:23	164	5:16:53
VP17 - Sportplatz	6.20	1:13:16	11:49	18	36:46	147	39:31	103.20	14:02:48	8:09	20	5:11:09	160	5:56:24
VP18 - Osdorfer	6.50	53:45	8:16	11	19:18	89	19:18	109.70	14:56:33	8:10	18	5:26:51	151	6:13:25
VP19 - Lichtenra	5.70	45:39	8:00	7	11:29	36	11:29	115.40	15:42:12	8:09	17	5:29:05	142	6:23:07
VP20 - Kirchhain	4.37	33:33	7:40	9	10:51	72	14:43	119.77	16:15:45	8:08	17	5:38:33	136	6:37:50
VP21 - Buckow	6.43	47:02	7:18	7	11:52	39	13:26	126.20	17:02:47	8:06	16	5:45:48	129	6:51:16
VP22 - Rudow	4.90	34:55	7:07	5	7:56	22	8:56	131.10	17:37:42	8:04	16	5:49:43	123	7:00:12
VP23 - Johannistl	5.90	1:01:20	10:23	12	29:15	135	29:45	137.00	18:39:02	8:10	13	6:18:58	118	7:29:57
VP24 - Dammwe	5.70	50:30	8:51	8	19:19	56	19:19	142.70	19:29:32	8:11	12	6:38:17	113	7:48:47
VP25 - East Side	5.80	58:17	10:02	7	19:26	61	21:20	148.50	20:27:49	8:16	11	6:57:43	109	8:07:36
VP26 - Checkpoir	5.28	35:13	6:40	9	13:04	43	13:40	153.78	21:03:02	8:12	11	7:10:47	100	8:18:46
VP27 - Gedenkst.	3.32	41:40	12:33	11	17:03	67	17:03	157.10	21:44:42	8:18	11	7:27:50	100	8:33:39
Friedrich-Ludwig	4.60	40:21	8:46	10	15:00	77	16:09	161.70	22:25:03	8:19	11	7:42:50	99	8:45:07