



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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NÄHLER, Jens

□□: PSV Grün-Weiß Kassel

□□: 237

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 15:29:23

□□: 10.39 km/h

□□□□: 5:45 min/km

□□□□□/□□□□: 30 (of 459)

□□□□□/□: 7 (of 302)

□□□□□□: 13:39:56

□□□□□: 4(of 36)

□□□□□□□: 14:37:35

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	35:12	5:04	4	1:50	16	4:11	6.94	35:12	5:04	4	1:50	16	4:11
VP2 - Laufftreff Li	5.69	29:44	5:13	3	3:00	12	5:39	12.63	1:04:56	5:08	4	4:50	14	9:50
VP3 - Oranienbur	5.74	28:12	4:54	4	3:01	16	4:06	18.37	1:33:08	5:04	4	7:51	14	13:56
VP4 - Naturschut	4.70	25:30	5:25	3	1:36	9	3:04	23.07	1:58:38	5:08	4	9:27	14	17:00
VP5 - Frohnau	6.80	33:28	4:55	2	0:51	7	4:33	29.87	2:32:06	5:05	4	10:18	13	21:33
VP6 - Ruderclub	4.06	21:18	5:14	3	0:55	7	3:11	33.93	2:53:24	5:06	4	11:13	13	24:41
VP7 - Grenzturm	4.75	24:16	5:06	1	-	7	2:33	38.68	3:17:40	5:06	3	10:54	10	27:14
VP8 - Schönwald	7.52	39:18	5:13	2	0:14	8	3:28	46.20	3:56:58	5:07	4	9:24	10	30:18
VP9 - Falkenseer	5.76	30:38	5:19	1	-	3	2:18	51.96	4:27:36	5:09	4	5:02	9	32:08
VP10 - Karolinenl	6.54	37:07	5:40	4	1:34	17	4:55	58.50	5:04:43	5:12	4	5:02	10	37:03
VP11 - Pagel & Fi	4.90	26:43	5:27	3	1:14	8	3:40	63.40	5:31:26	5:13	3	5:22	8	40:43
VP12 - Schloss S	7.62	40:39	5:20	2	0:20	4	3:46	71.02	6:12:05	5:14	3	3:57	7	44:29
VP13 - Revierförs	6.21	32:14	5:11	2	0:41	3	3:24	77.23	6:44:19	5:14	3	1:10	7	47:53
VP14 - Brauhaus	6.00	32:59	5:29	4	2:09	12	4:26	83.23	7:17:18	5:15	3	3:05	7	52:19
VP15 - Gedenkst.	6.90	35:02	5:04	2	0:49	3	2:07	90.13	7:52:20	5:14	3	3:28	7	54:26
VP16 - Königswe	6.87	49:25	7:11	10	11:21	30	14:40	97.00	8:41:45	5:22	4	13:39	8	1:09:06
VP17 - Sportplatz	6.20	42:31	6:51	5	8:31	17	8:46	103.20	9:24:16	5:28	4	22:04	9	1:17:52
VP18 - Osdorfer	6.50	39:09	6:01	6	4:29	14	4:42	109.70	10:03:25	5:30	4	26:33	9	1:20:17
VP19 - Lichtenra	5.70	36:36	6:25	3	2:18	5	2:26	115.40	10:40:01	5:32	4	28:51	8	1:20:56
VP20 - Kirchhain	4.37	21:42	4:57	3	1:07	4	2:52	119.77	11:01:43	5:31	4	29:58	8	1:23:48
VP21 - Buckow	6.43	36:50	5:43	3	2:48	7	3:14	126.20	11:38:33	5:32	4	32:13	8	1:27:02
VP22 - Rudow	4.90	33:27	6:49	6	6:10	16	7:28	131.10	12:12:00	5:35	4	36:46	8	1:34:30
VP23 - Johannistl	5.90	37:05	6:17	4	5:12	11	5:30	137.00	12:49:05	5:36	4	39:14	8	1:40:00
VP24 - Dammwe	5.70	33:18	5:50	3	1:15	5	2:07	142.70	13:22:23	5:37	4	39:40	7	1:41:38
VP25 - East Side	5.80	40:28	6:58	3	3:31	6	3:31	148.50	14:02:51	5:40	4	43:11	7	1:42:38
VP26 - Checkpoir	5.28	29:16	5:32	5	7:43	11	7:43	153.78	14:32:07	5:40	4	47:58	7	1:47:51
VP27 - Gedenkst.	3.32	28:20	8:32	5	3:30	9	3:43	157.10	15:00:27	5:43	4	48:21	7	1:49:24
Friedrich-Ludwig	4.60	28:56	6:17	4	4:44	9	4:44	161.70	15:29:23	5:44	4	51:48	7	1:49:27