



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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LORENZEN, Henning

□□□: 17:57:38

□□: Tidtagning - find os på facebo

□□: 8.96 km/h

□□: 244

□□□□: 6:40 min/km

□□: 161.70 km

□□□□□/□□□: 77 (of 459)

100MeilenBerlin

□□□□□/□: 27 (of 302)

□□□□□□: 13:39:56

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□□□□□: 4(of 58)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	40:00	5:45	11	6:34	52	8:59	6.94	40:00	5:45	11	6:34	52	8:59
VP2 - Laufftreff Li	5.69	32:33	5:43	8	4:52	38	8:28	12.63	1:12:33	5:44	10	11:26	44	17:27
VP3 - Oranienbur	5.74	30:36	5:19	7	3:27	36	6:30	18.37	1:43:09	5:36	8	14:53	39	23:57
VP4 - Naturschut	4.70	27:24	5:49	5	2:02	23	4:58	23.07	2:10:33	5:39	8	16:55	37	28:55
VP5 - Frohnau	6.80	37:07	5:27	6	3:19	31	8:12	29.87	2:47:40	5:36	7	20:14	33	37:07
VP6 - Ruderclub	4.06	24:53	6:07	9	3:29	38	6:46	33.93	3:12:33	5:40	7	22:59	35	43:50
VP7 - Grenzturm	4.75	25:52	5:26	4	1:44	21	4:09	38.68	3:38:25	5:38	7	24:24	34	47:59
VP8 - Schönwald	7.52	45:16	6:01	7	6:05	48	9:26	46.20	4:23:41	5:42	7	26:39	35	57:01
VP9 - Falkenseer	5.76	36:11	6:16	6	4:48	35	7:51	51.96	4:59:52	5:46	7	31:15	38	1:04:24
VP10 - Karolinenl	6.54	38:28	5:52	5	3:47	23	6:16	58.50	5:38:20	5:47	6	32:40	32	1:10:40
VP11 - Pagel & Fi	4.90	31:01	6:19	5	4:05	34	7:58	63.40	6:09:21	5:49	6	34:47	32	1:18:38
VP12 - Schloss S	7.62	47:56	6:17	4	6:53	24	11:03	71.02	6:57:17	5:52	6	38:52	32	1:29:41
VP13 - Revierförs	6.21	35:16	5:40	1	-	11	6:26	77.23	7:32:33	5:51	4	38:34	25	1:36:07
VP14 - Brauhaus	6.00	46:01	7:40	22	13:41	106	17:28	83.23	8:18:34	5:59	5	47:40	32	1:53:35
VP15 - Gedenkst.	6.90	41:06	5:57	3	2:48	23	8:11	90.13	8:59:40	5:59	5	50:05	31	2:01:46
VP16 - Königswe	6.87	47:38	6:56	2	4:11	26	12:53	97.00	9:47:18	6:03	3	53:01	26	2:14:39
VP17 - Sportplatz	6.20	50:42	8:10	6	12:51	33	16:57	103.20	10:38:00	6:10	3	1:05:52	27	2:31:36
VP18 - Osdorfer	6.50	46:10	7:06	5	8:17	35	11:43	109.70	11:24:10	6:14	3	1:14:09	29	2:41:02
VP19 - Lichtenra	5.70	46:28	8:09	6	7:03	41	12:18	115.40	12:10:38	6:19	3	1:21:12	29	2:51:33
VP20 - Kirchhain	4.37	28:38	6:33	5	4:50	29	9:48	119.77	12:39:16	6:20	3	1:26:02	29	3:01:21
VP21 - Buckow	6.43	44:05	6:51	5	7:38	28	10:29	126.20	13:23:21	6:21	3	1:33:40	29	3:11:50
VP22 - Rudow	4.90	34:26	7:01	4	4:23	19	8:27	131.10	13:57:47	6:23	3	1:38:03	28	3:20:17
VP23 - Johannistl	5.90	40:33	6:52	2	5:11	20	8:58	137.00	14:38:20	6:24	3	1:43:14	27	3:29:15
VP24 - Dammwe	5.70	46:15	8:06	5	11:17	40	15:04	142.70	15:24:35	6:28	3	1:54:31	27	3:43:50
VP25 - East Side	5.80	49:59	8:37	5	10:21	29	13:02	148.50	16:14:34	6:33	3	2:04:52	27	3:54:21
VP26 - Checkpoir	5.28	43:46	8:17	31	18:54	127	22:13	153.78	16:58:20	6:37	4	2:23:46	28	4:14:04
VP27 - Gedenkst.	3.32	31:13	9:24	5	4:43	17	6:36	157.10	17:29:33	6:40	4	2:28:29	27	4:18:30
Friedrich-Ludwig	4.60	28:05	6:06	2	0:20	6	3:53	161.70	17:57:38	6:39	4	2:24:42	27	4:17:42