



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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JONES, Garfield

□□: Islwyn Running Club, Wales

□□: 296

Enduro E Bike

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 27:37:49

□□: - km/h

□□□□: 10:15 min/km

□□□□□/□□□□: 300 (of 459)

□□□□□/□: 185 (of 302)

□□□□□□: 13:39:56

□□□□□: 7(of 11)

□□□□□□□: 15:41:49

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	43:08	6:12	2	9:02	105	12:07	6.94	43:08	6:12	2	9:02	105	12:07
VP2 - Laufftreff Li	5.69	35:56	6:18	2	7:12	94	11:51	12.63	1:19:04	6:15	2	16:14	102	23:58
VP3 - Oranienbur	5.74	33:54	5:54	2	6:36	90	9:48	18.37	1:52:58	6:08	2	22:50	93	33:46
VP4 - Naturschut	4.70	32:10	6:50	2	5:59	98	9:44	23.07	2:25:08	6:17	2	28:49	98	43:30
VP5 - Frohnau	6.80	44:51	6:35	3	10:23	140	15:56	29.87	3:09:59	6:21	2	39:12	100	59:26
VP6 - Ruderclub	4.06	36:34	9:00	7	14:57	200	18:27	33.93	3:46:33	6:40	3	54:09	124	1:17:50
VP7 - Grenzturm	4.75	38:08	8:01	6	12:51	216	16:25	38.68	4:24:41	6:50	3	1:07:00	140	1:34:15
VP8 - Schönwald	7.52	1:01:38	8:11	7	22:23	224	25:48	46.20	5:26:19	7:03	3	1:29:23	156	1:59:39
VP9 - Falkenseer	5.76	49:32	8:35	6	18:26	188	21:12	51.96	6:15:51	7:14	4	1:47:49	160	2:20:23
VP10 - Karolinenl	6.54	1:00:46	9:17	9	24:25	222	28:34	58.50	7:16:37	7:27	5	2:12:14	171	2:48:57
VP11 - Pagel & Fi	4.90	44:46	9:08	5	17:18	195	21:43	63.40	8:01:23	7:35	5	2:29:32	174	3:10:40
VP12 - Schloss S	7.62	1:32:15	12:06	9	49:34	245	55:22	71.02	9:33:38	8:04	6	3:19:06	191	4:06:02
VP13 - Revierförs	6.21	1:01:04	9:50	8	25:05	227	32:14	77.23	10:34:42	8:13	6	3:44:11	193	4:38:16
VP14 - Brauhaus	6.00	58:13	9:42	7	25:23	222	29:40	83.23	11:32:55	8:19	6	4:09:34	196	5:07:56
VP15 - Gedenkst.	6.90	1:09:45	10:06	7	30:49	230	36:50	90.13	12:42:40	8:27	6	4:40:23	202	5:44:46
VP16 - Königswe	6.87	1:23:04	12:05	8	39:46	222	48:19	97.00	14:05:44	8:43	6	5:20:09	204	6:33:05
VP17 - Sportplatz	6.20	1:45:34	17:01	7	1:05:23	220	1:11:49	103.20	15:51:18	9:13	7	6:25:32	211	7:44:54
VP18 - Osdorfer	6.50	1:07:14	10:20	5	28:13	166	32:47	109.70	16:58:32	9:17	7	6:53:45	203	8:15:24
VP19 - Lichtenra	5.70	1:08:47	12:04	5	29:59	182	34:37	115.40	18:07:19	9:25	7	7:23:44	198	8:48:14
VP20 - Kirchhain	4.37	49:47	11:23	6	25:12	193	30:57	119.77	18:57:06	9:29	7	7:48:56	196	9:19:11
VP21 - Buckow	6.43	1:17:04	11:59	6	38:23	189	43:28	126.20	20:14:10	9:37	7	8:27:19	194	10:02:39
VP22 - Rudow	4.90	1:02:24	12:44	5	31:39	188	36:25	131.10	21:16:34	9:44	7	8:58:58	193	10:39:04
VP23 - Johannistl	5.90	1:20:23	13:37	7	44:22	195	48:48	137.00	22:36:57	9:54	7	9:43:20	193	11:27:52
VP24 - Dammwe	5.70	1:11:49	12:35	5	36:01	188	40:38	142.70	23:48:46	10:00	7	10:19:21	190	12:08:01
VP25 - East Side	5.80	1:16:27	13:10	5	34:12	170	39:30	148.50	25:05:13	10:08	7	10:53:33	189	12:45:00
VP26 - Checkpoir	5.28	50:16	9:31	7	21:28	175	28:43	153.78	25:55:29	10:06	7	11:15:01	187	13:11:13
VP27 - Gedenkst.	3.32	50:42	15:16	5	19:28	153	26:05	157.10	26:46:11	10:13	7	11:34:29	185	13:35:08
Friedrich-Ludwig	4.60	51:38	11:13	3	21:31	159	27:26	-	27:37:49	-	7	11:56:00	185	13:57:53