



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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JONES, Garfield

□□: Islwyn Running Club, Wales  
□□: 296

□□: 161.70 km  
100MeilenBerlin

□□□□:  
Senioren M60 (60-64 Jahre)

□□□: 27:37:49

□□: 5.83 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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| □□□                 | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□     | □□□<br>km | □□□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□  | □□<br>□ |          |
|---------------------|----------|-----------------|---------|---------|---------|---------|---------|-----------|------------------|---------|---------|----------|---------|----------|
| 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   | 161.70    | 27:37:49         | 10:15   | 7       | 11:56:00 | 185     | 13:57:53 |