



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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JÄNICKE, Marc Cornelius

□□□: 15:05:09

□□: (ohne)

□□: 10.67 km/h

□□: 3

□□□□: 5:36 min/km

□□: 161.70 km

□□□□□/□□□□: 24 (of 459)

100MeilenBerlin

□□□□□/□: 5 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 3(of 36)

Senioren M40 (40-44 Jahre)

□□□□□□□: 14:37:35

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