



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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PUGGAARD, Ole

□□: (ohne)

□□: 364

□□: 161.70 km
100MeilenBerlin

□□□□:
Senioren M45 (45-49 Jahre)

□□□□□/□□□: DNF (of 459)

□□□□□/□: DNF (of 302)

□□□□□□:

□□□□□: DNF(of 85)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	45:23	6:32	46	11:59	137	14:22	6.94	45:23	6:32	46	11:59	137	14:22	
VP2 - Laufftreff Li	5.69	42:08	7:24	65	14:53	211	18:03	12.63	1:27:31	6:55	56	26:52	168	32:25	
VP3 - Oranienbur	5.74	40:14	7:00	67	14:25	212	16:08	18.37	2:07:45	6:57	61	41:17	184	48:33	
VP4 - Naturschut	4.70	35:47	7:36	58	10:40	164	13:21	23.07	2:43:32	7:05	60	51:57	177	1:01:54	
VP5 - Frohnau	6.80	45:55	6:45	54	12:41	161	17:00	29.87	3:29:27	7:00	60	1:03:39	175	1:18:54	
VP6 - Ruderclub	4.06	41:33	10:14	70	20:04	238	23:26	33.93	4:11:00	7:23	63	1:23:43	195	1:42:17	
VP7 - Grenzturm	4.75	32:37	6:52	41	8:33	123	10:54	38.68	4:43:37	7:19	61	1:32:16	186	1:53:11	
VP8 - Schönwald	7.52	58:29	7:46	66	19:02	205	22:39	46.20	5:42:06	7:24	61	1:50:26	190	2:15:26	
VP9 - Falkenseer	5.76	51:57	9:01	64	19:33	207	23:37	51.96	6:34:03	7:35	61	2:09:54	190	2:38:35	
VP10 - Karolinenl	6.54	50:47	7:45	42	15:43	134	18:35	58.50	7:24:50	7:36	60	2:24:40	182	2:57:10	
VP11 - Pagel & Fi	4.90	51:08	10:26	72	23:14	239	28:05	63.40	8:15:58	7:49	61	2:47:54	189	3:25:15	
VP12 - Schloss S	7.62	1:11:17	9:21	51	27:46	162	34:24	71.02	9:27:15	7:59	61	3:12:15	185	3:59:39	
VP13 - Revierförs	6.21	50:11	8:04	45	14:26	130	21:21	77.23	10:17:26	7:59	60	3:24:26	181	4:21:00	
VP14 - Brauhaus	6.00	53:21	8:53	63	20:20	186	24:48	83.23	11:10:47	8:03	61	3:43:42	184	4:45:48	
VP15 - Gedenkst.	6.90	56:41	8:12	50	17:07	149	23:46	90.13	12:07:28	8:04	59	4:00:19	179	5:09:34	
VP16 - Königswe	6.87	1:04:12	9:20	45	22:33	132	29:27	97.00	13:11:40	8:09	58	4:19:10	172	5:39:01	
VP17 - Sportplatz	6.20	1:14:24	12:00	43	36:37	149	40:39	103.20	14:26:04	8:23	55	4:50:55	169	6:19:40	
VP18 - Osdorfer	6.50	1:05:31	10:04	50	27:42	160	31:04	109.70	15:31:35	8:29	55	5:13:31	169	6:48:27	
VP19 - Lichtenra	5.70	58:11	10:12	49	20:17	143	24:01	115.40	16:29:46	8:34	55	5:28:39	167	7:10:41	
VP20 - Kirchhain	4.37	37:30	8:34	39	15:39	116	18:40	119.77	17:07:16	8:34	54	5:43:09	164	7:29:21	
VP21 - Buckow	6.43	1:00:08	9:21	44	25:04	132	26:32	126.20	18:07:24	8:36	54	6:05:37	169	7:55:53	
VP22 - Rudow	4.90	42:34	8:41	23	12:21	68	16:35	131.10	18:49:58	8:37	52	6:17:58	164	8:12:28	
VP23 - Johannistl	5.90	55:27	9:23	31	20:25	93	23:52	137.00	19:45:25	8:39	51	6:38:23	154	8:36:20	
VP24 - Dammwe	5.70	fehlt!	-	-	-	-	-	142.70	-	-	-	-	-	-	
VP25 - East Side	5.80	fehlt!	-	-	-	-	-	148.50	-	-	-	-	-	-	
VP26 - Checkpoir	5.28	fehlt!	-	-	-	-	-	153.78	-	-	-	-	-	-	
VP27 - Gedenkst.	3.32	fehlt!	-	-	-	-	-	157.10	-	-	-	-	-	-	
Friedrich-Ludwig	4.60	fehlt!	-	-	-	-	-	161.70	-	-	-	-	-	-	