



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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FRANIJEUR, Henrik

□□□: 22:00:13

□□: Klub100Marathon\*\*\*Denmark

□□: 7.32 km/h

□□: 57

□□□□: 8:10 min/km

□□: 161.70 km

□□□□□/□□□: 172 (of 459)

100MeilenBerlin

□□□□□/□: 95 (of 302)

□□□□□□: 13:39:56

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□□□□□: 20(of 58)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	43:10	6:13	19	9:44	106	12:09	6.94	43:10	6:13	19	9:44	106	12:09
VP2 - Laufftreff Li	5.69	34:29	6:03	14	6:48	63	10:24	12.63	1:17:39	6:08	17	16:32	87	22:33
VP3 - Oranienbur	5.74	33:30	5:50	16	6:21	79	9:24	18.37	1:51:09	6:03	17	22:53	84	31:57
VP4 - Naturschut	4.70	32:15	6:51	18	6:53	99	9:49	23.07	2:23:24	6:12	18	29:46	86	41:46
VP5 - Frohnau	6.80	46:04	6:46	36	12:16	162	17:09	29.87	3:09:28	6:20	18	42:02	99	58:55
VP6 - Ruderclub	4.06	30:16	7:27	28	8:52	119	12:09	33.93	3:39:44	6:28	18	50:10	100	1:11:01
VP7 - Grenzturm	4.75	30:38	6:26	17	6:30	81	8:55	38.68	4:10:22	6:28	18	56:21	95	1:19:56
VP8 - Schönwald	7.52	49:43	6:36	20	10:32	101	13:53	46.20	5:00:05	6:29	17	1:03:03	95	1:33:25
VP9 - Falkenseer	5.76	45:22	7:52	28	13:59	135	17:02	51.96	5:45:27	6:38	18	1:16:50	99	1:49:59
VP10 - Karolinenl	6.54	54:30	8:20	39	19:49	172	22:18	58.50	6:39:57	6:50	22	1:34:17	111	2:12:17
VP11 - Pagel & Fi	4.90	39:38	8:05	30	12:42	139	16:35	63.40	7:19:35	6:56	26	1:45:01	121	2:28:52
VP12 - Schloss S	7.62	1:12:48	9:33	40	31:45	175	35:55	71.02	8:32:23	7:12	30	2:13:58	128	3:04:47
VP13 - Revierförs	6.21	46:55	7:33	17	11:39	96	18:05	77.23	9:19:18	7:14	27	2:25:19	123	3:22:52
VP14 - Brauhaus	6.00	46:00	7:40	21	13:40	105	17:27	83.23	10:05:18	7:16	27	2:34:24	120	3:40:19
VP15 - Gedenkst.	6.90	53:21	7:43	23	15:03	118	20:26	90.13	10:58:39	7:18	27	2:49:04	120	4:00:45
VP16 - Königswe	6.87	1:01:07	8:53	19	17:40	98	26:22	97.00	11:59:46	7:25	24	3:05:29	114	4:27:07
VP17 - Sportplatz	6.20	1:02:24	10:03	17	24:33	91	28:39	103.20	13:02:10	7:34	25	3:30:02	113	4:55:46
VP18 - Osdorfer	6.50	55:49	8:35	25	17:56	109	21:22	109.70	13:57:59	7:38	24	3:47:58	111	5:14:51
VP19 - Lichtenra	5.70	58:50	10:19	31	19:25	148	24:40	115.40	14:56:49	7:46	24	4:07:23	111	5:37:44
VP20 - Kirchhain	4.37	31:45	7:15	14	7:57	57	12:55	119.77	15:28:34	7:45	22	4:15:20	107	5:50:39
VP21 - Buckow	6.43	58:10	9:02	28	21:43	122	24:34	126.20	16:26:44	7:49	21	4:37:03	104	6:15:13
VP22 - Rudow	4.90	44:04	8:59	16	14:01	84	18:05	131.10	17:10:48	7:51	21	4:51:04	99	6:33:18
VP23 - Johannistl	5.90	57:21	9:43	24	21:59	105	25:46	137.00	18:08:09	7:56	21	5:13:03	101	6:59:04
VP24 - Dammwe	5.70	50:19	8:49	8	15:21	53	19:08	142.70	18:58:28	7:58	21	5:28:24	98	7:17:43
VP25 - East Side	5.80	59:56	10:20	15	20:18	75	22:59	148.50	19:58:24	8:04	20	5:48:42	97	7:38:11
VP26 - Checkpoir	5.28	38:24	7:16	13	13:32	64	16:51	153.78	20:36:48	8:02	20	6:02:14	96	7:52:32
VP27 - Gedenkst.	3.32	44:01	13:15	21	17:31	92	19:24	157.10	21:20:49	8:09	20	6:19:45	95	8:09:46
Friedrich-Ludwig	4.60	39:24	8:33	16	11:39	71	15:12	161.70	22:00:13	8:09	20	6:27:17	95	8:20:17