



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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TIMMER, Jörg

□□: RTR - Die Pinnwandanwärter

□□: 58

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 21:42:43

□□: 7.42 km/h

□□□□: 8:03 min/km

□□□□□/□□□: 161 (of 459)

□□□□□/□: 84 (of 302)

□□□□□□: 13:39:56

□□□□□: 15(of 36)

□□□□□□□: 14:37:35

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Wilhelmsru	6.94	47:17	6:48	25	13:55	160	16:16	6.94	47:17	6:48	25	13:55	160	16:16
VP2 - Laufftreff Li	5.69	38:58	6:50	21	12:14	153	14:53	12.63	1:26:15	6:49	24	26:09	152	31:09
VP3 - Oranienbur	5.74	38:09	6:38	23	12:58	172	14:03	18.37	2:04:24	6:46	23	39:07	160	45:12
VP4 - Naturschut	4.70	34:52	7:25	20	10:58	147	12:26	23.07	2:39:16	6:54	23	50:05	160	57:38
VP5 - Frohnau	6.80	45:21	6:40	21	12:44	151	16:26	29.87	3:24:37	6:51	23	1:02:49	157	1:14:04
VP6 - Ruderclub	4.06	32:40	8:02	20	12:17	150	14:33	33.93	3:57:17	6:59	21	1:15:06	154	1:28:34
VP7 - Grenzturm	4.75	33:29	7:02	23	9:13	143	11:46	38.68	4:30:46	7:00	21	1:24:00	148	1:40:20
VP8 - Schönwald	7.52	52:46	7:01	23	13:42	154	16:56	46.20	5:23:32	7:00	21	1:35:58	148	1:56:52
VP9 - Falkenseer	5.76	41:14	7:09	15	10:36	85	12:54	51.96	6:04:46	7:01	21	1:42:12	143	2:09:18
VP10 - Karolinenl	6.54	45:57	7:01	16	10:24	78	13:45	58.50	6:50:43	7:01	21	1:51:02	136	2:23:03
VP11 - Pagel & Fi	4.90	34:08	6:57	13	8:39	67	11:05	63.40	7:24:51	7:00	20	1:58:47	130	2:34:08
VP12 - Schloss S	7.62	1:03:18	8:18	19	22:59	112	26:25	71.02	8:28:09	7:09	18	2:20:01	121	3:00:33
VP13 - Revierförs	6.21	42:58	6:55	11	11:25	44	14:08	77.23	9:11:07	7:08	18	2:27:58	113	3:14:41
VP14 - Brauhaus	6.00	39:12	6:32	11	8:22	43	10:39	83.23	9:50:19	7:05	18	2:36:06	102	3:25:20
VP15 - Gedenkst.	6.90	48:50	7:04	14	14:37	74	15:55	90.13	10:39:09	7:05	17	2:50:17	97	3:41:15
VP16 - Königswe	6.87	56:39	8:14	16	18:35	81	21:54	97.00	11:35:48	7:10	17	3:07:42	93	4:03:09
VP17 - Sportplatz	6.20	1:00:22	9:44	18	26:22	82	26:37	103.20	12:36:10	7:19	17	3:33:58	95	4:29:46
VP18 - Osdorfer	6.50	50:17	7:44	15	15:37	65	15:50	109.70	13:26:27	7:21	15	3:49:35	86	4:43:19
VP19 - Lichtenra	5.70	49:57	8:45	14	15:39	68	15:47	115.40	14:16:24	7:25	15	4:05:14	85	4:57:19
VP20 - Kirchhain	4.37	35:23	8:05	16	14:48	91	16:33	119.77	14:51:47	7:26	15	4:20:02	85	5:13:52
VP21 - Buckow	6.43	50:06	7:47	13	16:04	58	16:30	126.20	15:41:53	7:27	15	4:35:33	83	5:30:22
VP22 - Rudow	4.90	47:01	9:35	20	19:44	117	21:02	131.10	16:28:54	7:32	15	4:53:40	82	5:51:24
VP23 - Johannistl	5.90	1:04:10	10:52	23	32:17	145	32:35	137.00	17:33:04	7:41	15	5:23:13	84	6:23:59
VP24 - Dammwe	5.70	54:00	9:28	16	21:57	90	22:49	142.70	18:27:04	7:45	15	5:44:21	84	6:46:19
VP25 - East Side	5.80	1:03:50	11:00	16	26:53	98	26:53	148.50	19:30:54	7:53	15	6:11:14	84	7:10:41
VP26 - Checkpoir	5.28	39:45	7:31	17	18:12	82	18:12	153.78	20:10:39	7:52	15	6:26:30	80	7:26:23
VP27 - Gedenkst.	3.32	47:41	14:21	19	22:51	129	23:04	157.10	20:58:20	8:00	15	6:46:14	82	7:47:17
Friedrich-Ludwig	4.60	44:23	9:38	15	20:11	103	20:11	161.70	21:42:43	8:03	15	7:05:08	84	8:02:47