



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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JUNG, Olaf

00: LG Mauerweg Berlin e.V.

00: 65

00: 161.70 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 27:59:03

00: 5.75 km/h

0000: 10:23 min/km

00000/0000: 306 (of 459)

00000/0: 191 (of 302)

000000: 13:39:56

00000: 60(of 85)

0000000: 15:47:54

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000	00 km	00 00 min/km	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0	
VP1 - Wilhelmsru	6.94	46:33	6:42	51	13:09	152	15:32	6.94	46:33	6:42	51	13:09	152	15:32
VP2 - Laufftreff Li	5.69	38:16	6:43	48	11:01	142	14:11	12.63	1:24:49	6:42	48	24:10	144	29:43
VP3 - Oranienbur	5.74	36:57	6:26	53	11:08	148	12:51	18.37	2:01:46	6:37	49	35:18	142	42:34
VP4 - Naturschut	4.70	35:02	7:27	53	9:55	150	12:36	23.07	2:36:48	6:47	50	45:13	144	55:10
VP5 - Frohnau	6.80	46:48	6:52	56	13:34	169	17:53	29.87	3:23:36	6:48	55	57:48	156	1:13:03
VP6 - Ruderclub	4.06	31:29	7:45	43	10:00	133	13:22	33.93	3:55:05	6:55	53	1:07:48	149	1:26:22
VP7 - Grenzturm	4.75	35:43	7:31	59	11:39	177	14:00	38.68	4:30:48	7:00	52	1:19:27	150	1:40:22
VP8 - Schönwald	7.52	56:38	7:31	62	17:11	187	20:48	46.20	5:27:26	7:05	56	1:35:46	161	2:00:46
VP9 - Falkenseer	5.76	51:46	8:59	63	19:22	203	23:26	51.96	6:19:12	7:17	57	1:55:03	166	2:23:44
VP10 - Karolinenl	6.54	56:37	8:39	60	21:33	190	24:25	58.50	7:15:49	7:26	58	2:15:39	168	2:48:09
VP11 - Pagel & Fi	4.90	44:59	9:10	64	17:05	198	21:56	63.40	8:00:48	7:35	59	2:32:44	173	3:10:05
VP12 - Schloss S	7.62	1:24:02	11:01	73	40:31	225	47:09	71.02	9:24:50	7:57	60	3:09:50	182	3:57:14
VP13 - Revierförs	6.21	53:24	8:35	57	17:39	168	24:34	77.23	10:18:14	8:00	61	3:25:14	182	4:21:48
VP14 - Brauhaus	6.00	53:17	8:52	62	20:16	185	24:44	83.23	11:11:31	8:04	62	3:44:26	186	4:46:32
VP15 - Gedenkst.	6.90	1:00:03	8:42	61	20:29	176	27:08	90.13	12:11:34	8:07	61	4:04:25	183	5:13:40
VP16 - Königswe	6.87	1:09:42	10:08	53	28:03	164	34:57	97.00	13:21:16	8:15	59	4:28:46	178	5:48:37
VP17 - Sportplatz	6.20	1:43:07	16:37	62	1:05:20	218	1:09:22	103.20	15:04:23	8:45	61	5:29:14	190	6:57:59
VP18 - Osdorfer	6.50	1:05:42	10:06	51	27:53	161	31:15	109.70	16:10:05	8:50	59	5:52:01	185	7:26:57
VP19 - Lichtenra	5.70	1:03:49	11:11	55	25:55	163	29:39	115.40	17:13:54	8:57	58	6:12:47	182	7:54:49
VP20 - Kirchhain	4.37	52:21	11:58	63	30:30	202	33:31	119.77	18:06:15	9:04	58	6:42:08	182	8:28:20
VP21 - Buckow	6.43	1:18:28	12:12	60	43:24	192	44:52	126.20	19:24:43	9:13	59	7:22:56	183	9:13:12
VP22 - Rudow	4.90	-	-	64	-	225	-	131.10	19:24:43	8:53	55	6:52:43	171	8:47:13
VP23 - Johannistf	5.90	2:34:22	26:09	64	1:59:20	223	2:02:47	137.00	21:59:05	9:37	60	8:52:03	186	10:50:00
VP24 - Dammwe	5.70	1:16:36	13:26	56	42:20	200	45:25	142.70	23:15:41	9:46	59	9:34:23	184	11:34:56
VP25 - East Side	5.80	1:36:17	16:36	59	55:46	213	59:20	148.50	24:51:58	10:02	59	10:30:09	187	12:31:45
VP26 - Checkpoir	5.28	1:00:19	11:25	58	35:16	205	38:46	153.78	25:52:17	10:05	58	11:05:25	185	13:08:01
VP27 - Gedenkst.	3.32	1:04:09	19:19	57	36:41	206	39:32	157.10	26:56:26	10:17	59	11:38:05	189	13:45:23
Friedrich-Ludwig	4.60	1:02:37	13:36	60	33:08	203	38:25	161.70	27:59:03	10:23	60	12:11:09	191	14:19:07