



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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TEKHAUS, Jens

□□□: 21:36:07

□□: (ohne)

□□: 7.45 km/h

□□: 87

□□□□: 8:01 min/km

□□: 161.70 km

□□□□□/□□□: 152 (of 459)

100MeilenBerlin

□□□□□/□: 76 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 28(of 85)

Senioren M45 (45-49 Jahre)

□□□□□□□: 15:47:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	45:38	6:34	48	12:14	142	14:37	6.94	45:38	6:34	48	12:14	142	14:37
VP2 - Laufftreff Li	5.69	35:59	6:19	32	8:44	96	11:54	12.63	1:21:37	6:27	43	20:58	125	26:31
VP3 - Oranienbur	5.74	33:54	5:54	30	8:05	90	9:48	18.37	1:55:31	6:17	38	29:03	111	36:19
VP4 - Naturschut	4.70	32:55	7:00	37	7:48	109	10:29	23.07	2:28:26	6:26	38	36:51	112	46:48
VP5 - Frohnau	6.80	42:35	6:15	32	9:21	93	13:40	29.87	3:11:01	6:23	33	45:13	104	1:00:28
VP6 - Ruderclub	4.06	28:20	6:58	28	6:51	88	10:13	33.93	3:39:21	6:27	33	52:04	98	1:10:38
VP7 - Grenzturm	4.75	30:24	6:23	23	6:20	76	8:41	38.68	4:09:45	6:27	31	58:24	92	1:19:19
VP8 - Schönwald	7.52	46:53	6:14	21	7:26	64	11:03	46.20	4:56:38	6:25	30	1:04:58	89	1:29:58
VP9 - Falkenseer	5.76	39:47	6:54	21	7:23	66	11:27	51.96	5:36:25	6:28	27	1:12:16	84	1:40:57
VP10 - Karolinenl	6.54	45:38	6:58	23	10:34	72	13:26	58.50	6:22:03	6:31	25	1:21:53	81	1:54:23
VP11 - Pagel & Fi	4.90	34:47	7:05	26	6:53	77	11:44	63.40	6:56:50	6:34	25	1:28:46	81	2:06:07
VP12 - Schloss S	7.62	54:01	7:05	22	10:30	57	17:08	71.02	7:50:51	6:37	23	1:35:51	75	2:23:15
VP13 - Revierförs	6.21	45:05	7:15	25	9:20	72	16:15	77.23	8:35:56	6:40	25	1:42:56	74	2:39:30
VP14 - Brauhaus	6.00	41:47	6:57	25	8:46	74	13:14	83.23	9:17:43	6:42	24	1:50:38	72	2:52:44
VP15 - Gedenkst.	6.90	45:53	6:38	18	6:19	49	12:58	90.13	10:03:36	6:41	25	1:56:27	72	3:05:42
VP16 - Königswe	6.87	53:11	7:44	17	11:32	52	18:26	97.00	10:56:47	6:46	25	2:04:17	72	3:24:08
VP17 - Sportplatz	6.20	59:04	9:31	24	21:17	75	25:19	103.20	11:55:51	6:56	28	2:20:42	75	3:49:27
VP18 - Osdorfer	6.50	53:57	8:18	29	16:08	92	19:30	109.70	12:49:48	7:01	25	2:31:44	70	4:06:40
VP19 - Lichtenrav	5.70	52:24	9:11	31	14:30	84	18:14	115.40	13:42:12	7:07	25	2:41:05	69	4:23:07
VP20 - Kirchhain	4.37	36:50	8:25	37	14:59	108	18:00	119.77	14:19:02	7:10	26	2:54:55	71	4:41:07
VP21 - Buckow	6.43	57:05	8:52	32	22:01	109	23:29	126.20	15:16:07	7:15	27	3:14:20	71	5:04:36
VP22 - Rudow	4.90	43:49	8:56	27	13:36	77	17:50	131.10	15:59:56	7:19	28	3:27:56	73	5:22:26
VP23 - Johannistl	5.90	58:33	9:55	39	23:31	116	26:58	137.00	16:58:29	7:26	26	3:51:27	70	5:49:24
VP24 - Dammwe	5.70	1:00:59	10:41	42	26:43	132	29:48	142.70	17:59:28	7:33	27	4:18:10	73	6:18:43
VP25 - East Side	5.80	1:09:21	11:57	40	28:50	129	32:24	148.50	19:08:49	7:44	28	4:47:00	76	6:48:36
VP26 - Checkpoir	5.28	44:16	8:23	38	19:13	130	22:43	153.78	19:53:05	7:45	29	5:06:13	77	7:08:49
VP27 - Gedenkst.	3.32	53:53	16:13	51	26:25	175	29:16	157.10	20:46:58	7:56	30	5:28:37	78	7:35:55
Friedrich-Ludwig	4.60	49:09	10:41	44	19:40	142	24:57	161.70	21:36:07	8:00	28	5:48:13	76	7:56:11