



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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NENTWIG, Axel

□□: Nahelauf-Therapie

□□: 94

□□: 161.70 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:35:58

□□: 6.82 km/h

□□□□: 8:45 min/km

□□□□□/□□□: 235 (of 459)

□□□□□/□: 141 (of 302)

□□□□□□: 13:39:56

□□□□□: 30(of 58)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	47:27	6:50	35	14:01	162	16:26	6.94	47:27	6:50	35	14:01	162	16:26
VP2 - Laufftreff Li	5.69	38:42	6:48	30	11:01	146	14:37	12.63	1:26:09	6:49	33	25:02	151	31:03
VP3 - Oranienbur	5.74	37:39	6:33	33	10:30	163	13:33	18.37	2:03:48	6:44	34	35:32	156	44:36
VP4 - Naturschut	4.70	33:35	7:08	23	8:13	121	11:09	23.07	2:37:23	6:49	32	43:45	150	55:45
VP5 - Frohnau	6.80	44:41	6:34	29	10:53	136	15:46	29.87	3:22:04	6:45	33	54:38	150	1:11:31
VP6 - Ruderclub	4.06	30:26	7:29	29	9:02	121	12:19	33.93	3:52:30	6:51	31	1:02:56	144	1:23:47
VP7 - Grenzturm	4.75	32:23	6:49	26	8:15	118	10:40	38.68	4:24:53	6:50	31	1:10:52	141	1:34:27
VP8 - Schönwald	7.52	48:36	6:27	16	9:25	81	12:46	46.20	5:13:29	6:47	31	1:16:27	134	1:46:49
VP9 - Falkenseer	5.76	41:59	7:17	19	10:36	93	13:39	51.96	5:55:28	6:50	27	1:26:51	126	2:00:00
VP10 - Karolinenl	6.54	47:15	7:13	19	12:34	91	15:03	58.50	6:42:43	6:53	25	1:37:03	116	2:15:03
VP11 - Pagel & Fi	4.90	39:09	7:59	28	12:13	135	16:06	63.40	7:21:52	6:58	27	1:47:18	125	2:31:09
VP12 - Schloss S	7.62	1:00:52	7:59	20	19:49	95	23:59	71.02	8:22:44	7:04	24	2:04:19	111	2:55:08
VP13 - Revierförs	6.21	49:04	7:54	25	13:48	120	20:14	77.23	9:11:48	7:08	25	2:17:49	115	3:15:22
VP14 - Brauhaus	6.00	48:18	8:02	32	15:58	138	19:45	83.23	10:00:06	7:12	26	2:29:12	117	3:35:07
VP15 - Gedenkst.	6.90	54:59	7:58	28	16:41	134	22:04	90.13	10:55:05	7:16	25	2:45:30	116	3:57:11
VP16 - Königswe	6.87	1:07:10	9:46	35	23:43	153	32:25	97.00	12:02:15	7:26	26	3:07:58	117	4:29:36
VP17 - Sportplatz	6.20	58:01	9:21	14	20:10	73	24:16	103.20	13:00:16	7:33	24	3:28:08	111	4:53:52
VP18 - Osdorfer	6.50	55:17	8:30	24	17:24	107	20:50	109.70	13:55:33	7:37	22	3:45:32	105	5:12:25
VP19 - Lichtenra	5.70	57:05	10:00	26	17:40	131	22:55	115.40	14:52:38	7:44	21	4:03:12	106	5:33:33
VP20 - Kirchhain	4.37	50:19	11:30	45	26:31	194	31:29	119.77	15:42:57	7:52	25	4:29:43	117	6:05:02
VP21 - Buckow	6.43	1:05:58	10:15	36	29:31	157	32:22	126.20	16:48:55	7:59	26	4:59:14	123	6:37:24
VP22 - Rudow	4.90	50:42	10:20	30	20:39	144	24:43	131.10	17:39:37	8:04	26	5:19:53	124	7:02:07
VP23 - Johannistl	5.90	1:01:15	10:22	33	25:53	134	29:40	137.00	18:40:52	8:10	26	5:45:46	121	7:31:47
VP24 - Dammwe	5.70	1:07:32	11:50	41	32:34	168	36:21	142.70	19:48:24	8:19	27	6:18:20	130	8:07:39
VP25 - East Side	5.80	1:10:23	12:08	30	30:45	134	33:26	148.50	20:58:47	8:28	27	6:49:05	130	8:38:34
VP26 - Checkpoir	5.28	42:43	8:05	28	17:51	117	21:10	153.78	21:41:30	8:27	26	7:06:56	128	8:57:14
VP27 - Gedenkst.	3.32	56:41	17:04	44	30:11	193	32:04	157.10	22:38:11	8:38	28	7:37:07	132	9:27:08
Friedrich-Ludwig	4.60	57:47	12:33	44	30:02	186	33:35	161.70	23:35:58	8:45	30	8:03:02	141	9:56:02