



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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STRYKOWSKI, Jaroslaw

□□□: 18:20:06

□□: Druzyna Szpiku

□□: 8.82 km/h

□□: 100

□□□□: 6:48 min/km

□□: 161.70 km

□□□□□/□□□□: 82 (of 459)

100MeilenBerlin

□□□□□/□: 29 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 5(of 58)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:32:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	33:26	4:49	1	-	7	2:25	6.94	33:26	4:49	1	-	7	2:25
VP2 - Laufftreff Li	5.69	27:41	4:51	1	-	8	3:36	12.63	1:01:07	4:50	1	-	7	6:01
VP3 - Oranienbur	5.74	27:09	4:43	1	-	10	3:03	18.37	1:28:16	4:48	1	-	8	9:04
VP4 - Naturschut	4.70	25:22	5:23	1	-	8	2:56	23.07	1:53:38	4:55	1	-	8	12:00
VP5 - Frohnau	6.80	33:48	4:58	1	-	11	4:53	29.87	2:27:26	4:56	1	-	8	16:53
VP6 - Ruderclub	4.06	22:08	5:27	3	0:44	16	4:01	33.93	2:49:34	4:59	1	-	8	20:51
VP7 - Grenzturm	4.75	24:27	5:08	2	0:19	8	2:44	38.68	3:14:01	5:00	1	-	8	23:35
VP8 - Schönwald	7.52	43:01	5:43	5	3:50	31	7:11	46.20	3:57:02	5:07	1	-	11	30:22
VP9 - Falkenseer	5.76	31:35	5:28	2	0:12	9	3:15	51.96	4:28:37	5:10	1	-	11	33:09
VP10 - Karolinenl	6.54	37:03	5:39	4	2:22	16	4:51	58.50	5:05:40	5:13	1	-	11	38:00
VP11 - Pagel & Fi	4.90	28:54	5:53	2	1:58	18	5:51	63.40	5:34:34	5:16	1	-	11	43:51
VP12 - Schloss S	7.62	51:11	6:43	7	10:08	42	14:18	71.02	6:25:45	5:25	3	7:20	16	58:09
VP13 - Revierförs	6.21	43:15	6:57	10	7:59	54	14:25	77.23	7:09:00	5:33	3	15:01	17	1:12:34
VP14 - Brauhaus	6.00	45:35	7:35	19	13:15	102	17:02	83.23	7:54:35	5:42	3	23:41	21	1:29:36
VP15 - Gedenkst.	6.90	56:07	8:07	30	17:49	145	23:12	90.13	8:50:42	5:53	3	41:07	23	1:52:48
VP16 - Königswe	6.87	1:02:19	9:04	22	18:52	114	27:34	97.00	9:53:01	6:06	5	58:44	32	2:20:22
VP17 - Sportplatz	6.20	1:02:07	10:01	16	24:16	89	28:22	103.20	10:55:08	6:20	7	1:23:00	36	2:48:44
VP18 - Osdorfer	6.50	1:02:05	9:33	35	24:12	149	27:38	109.70	11:57:13	6:32	7	1:47:12	37	3:14:05
VP19 - Lichtenrav	5.70	45:03	7:54	4	5:38	34	10:53	115.40	12:42:16	6:36	7	1:52:50	36	3:23:11
VP20 - Kirchhain	4.37	27:07	6:12	3	3:19	21	8:17	119.77	13:09:23	6:35	7	1:56:09	35	3:31:28
VP21 - Buckow	6.43	50:14	7:48	12	13:47	60	16:38	126.20	13:59:37	6:39	7	2:09:56	35	3:48:06
VP22 - Rudow	4.90	32:24	6:36	2	2:21	14	6:25	131.10	14:32:01	6:39	6	2:12:17	34	3:54:31
VP23 - Johannistl	5.90	40:56	6:56	3	5:34	22	9:21	137.00	15:12:57	6:39	6	2:17:51	34	4:03:52
VP24 - Dammwe	5.70	40:54	7:10	3	5:56	19	9:43	142.70	15:53:51	6:41	5	2:23:47	31	4:13:06
VP25 - East Side	5.80	48:53	8:25	3	9:15	25	11:56	148.50	16:42:44	6:45	5	2:33:02	31	4:22:31
VP26 - Checkpoir	5.28	35:49	6:47	8	10:57	52	14:16	153.78	17:18:33	6:45	5	2:43:59	31	4:34:17
VP27 - Gedenkst.	3.32	29:12	8:47	2	2:42	10	4:35	157.10	17:47:45	6:47	5	2:46:41	30	4:36:42
Friedrich-Ludwig	4.60	32:21	7:01	5	4:36	26	8:09	161.70	18:20:06	6:48	5	2:47:10	29	4:40:10