



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Lohrke, Ralf

□□□: 21:52:49

□□: Ultra-Trödeltruppe

□□: 7.40 km/h

□□: 233

□□□□: 8:07 min/km

□□: 161.90 km

□□□□□/□□□□: 99 (of 397)

100MeilenBerlin

□□□□□/□: 85 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 23(of 75)

Senioren M50 (50-54 Jahre)

□□□□□□□: 14:30:53

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Checkpoint	8.60	1:01:54	7:11	43	17:45	183	17:46	8.60	1:01:54	7:11	43	17:45	183	17:46
VP2 - East Side G	4.80	30:29	6:21	42	9:26	163	9:26	13.40	1:32:23	6:53	44	27:09	179	27:09
VP3 - Dammweg	5.80	40:37	7:00	40	11:07	161	11:25	19.20	2:13:00	6:55	43	38:06	173	38:09
VP4 - Johannisth	5.70	35:04	6:09	18	10:16	81	10:32	24.90	2:48:04	6:44	36	48:22	154	48:22
VP5 - Imbiß "Am	9.50	57:39	6:04	15	15:18	52	16:07	34.40	3:45:43	6:33	23	1:03:40	110	1:04:26
VP6 - Buckow	4.50	33:12	7:22	38	11:57	149	12:36	38.90	4:18:55	6:39	26	1:15:37	119	1:17:02
□□□	7.60	47:28	6:14	14	11:00	50	13:26	46.50	5:06:23	6:35	21	1:26:12	97	1:30:28
VP8 - Osdorfer St	6.30	41:52	6:38	19	11:37	74	14:26	52.80	5:48:15	6:35	20	1:37:49	86	1:44:54
VP9 - Sportplatz	6.50	48:58	7:31	22	17:33	87	27:31	59.30	6:37:13	6:41	20	1:55:22	77	2:02:22
VP10 - Königswe	6.20	45:04	7:16	24	13:51	95	15:39	65.50	7:22:17	6:45	20	2:09:13	79	2:18:01
VP11 - Gedenkst	6.80	50:31	7:25	22	15:38	79	26:12	72.30	8:12:48	6:48	21	2:23:50	75	2:34:26
VP12 - Brauhaus	6.90	1:26:51	12:35	71	51:09	288	53:44	79.20	9:39:39	7:19	33	3:14:59	128	3:28:10
VP13 - Revierförs	5.70	41:45	7:19	16	11:08	49	11:42	84.90	10:21:24	7:19	30	3:26:07	120	3:39:52
VP14 - Schloss S	6.30	1:04:48	10:17	43	31:24	160	33:21	91.20	11:26:12	7:31	33	3:57:11	126	4:13:13
VP15 - Pagel & F	7.60	1:02:39	8:14	37	22:52	133	24:57	98.80	12:28:51	7:34	29	4:16:59	117	4:38:10
VP16 - Karolinenl	4.90	45:48	9:20	34	18:41	129	20:13	103.70	13:14:39	7:39	29	4:35:40	114	4:58:23
VP17 - Falkensee	6.50	52:40	8:06	23	14:56	78	20:09	110.20	14:07:19	7:41	28	4:46:32	109	5:18:32
VP18 - Schönwal	5.80	52:31	9:03	37	20:00	126	23:26	116.00	14:59:50	7:45	29	5:06:29	109	5:41:58
VP19 - Grenzturn	7.30	1:13:00	10:00	42	29:51	150	44:54	123.30	16:12:50	7:53	27	5:35:12	110	6:16:11
VP20 - Rudercluk	4.80	45:24	9:27	37	17:46	114	21:04	128.10	16:58:14	7:56	27	5:52:58	109	6:37:15
VP21 - Frohnau	4.10	40:52	9:58	24	16:54	73	18:13	132.20	17:39:06	8:00	27	6:09:52	106	6:55:28
VP22 - Naturschu	6.40	55:11	8:37	27	17:42	82	21:59	138.60	18:34:17	8:02	26	6:23:32	100	7:17:27
VP23 - Oranienbu	4.50	40:33	9:00	20	13:27	56	15:36	143.10	19:14:50	8:04	26	6:36:06	95	7:33:03
VP24 - Laufftreff l	5.30	52:09	9:50	36	20:52	113	23:55	148.40	20:06:59	8:07	26	6:56:58	93	7:56:58
VP25 - Wilhelmsr	5.70	48:07	8:26	17	14:59	55	18:06	154.10	20:55:06	8:08	24	7:11:15	90	8:15:04
VP26 - Wollankst	3.10	27:16	8:47	15	9:16	50	10:09	157.20	21:22:22	8:09	24	7:20:31	86	8:25:13
Friedrich-Ludwig	4.20	30:27	7:14	17	8:50	52	10:41	161.90	21:52:49	8:06	24	7:27:25	86	8:35:08