



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Jeske, Ralf

00: Syker Laufftreff

00: 129

00: 161.90 km

100MeilenBerlin

0000:

Senioren M50 (50-54 Jahre)

000: 23:29:28

00: 6.89 km/h

0000: 8:43 min/km

00000/0000: 185 (of 397)

00000/0: 163 (of 313)

000000: 13:17:41

00000: 44(of 75)

0000000: 14:30:53

0000

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
VP1 - Checkpoint	8.60	1:04:18	7:28	46	20:09	201	20:10	8.60	1:04:18	7:28	46	20:09	201	20:10
VP2 - East Side G	4.80	30:06	6:16	39	9:03	149	9:03	13.40	1:34:24	7:02	47	29:10	194	29:10
VP3 - Dammweg	5.80	38:35	6:39	24	9:05	107	9:23	19.20	2:12:59	6:55	42	38:05	172	38:08
VP4 - Johannisth	5.70	36:07	6:20	25	11:19	109	11:35	24.90	2:49:06	6:47	40	49:24	160	49:24
VP5 - Imbiß "Am	9.50	1:08:57	7:15	50	26:36	197	27:25	34.40	3:58:03	6:55	43	1:16:00	168	1:16:46
VP6 - Buckow	4.50	35:09	7:48	44	13:54	188	14:33	38.90	4:33:12	7:01	45	1:29:54	173	1:31:19
000	7.60	1:00:20	7:56	57	23:52	220	26:18	46.50	5:33:32	7:10	47	1:53:21	180	1:57:37
VP8 - Osdorfer St	6.30	50:31	8:01	59	20:16	216	23:05	52.80	6:24:03	7:16	47	2:13:37	186	2:20:42
VP9 - Sportplatz	6.50	47:45	7:20	21	16:20	74	26:18	59.30	7:11:48	7:16	43	2:29:57	167	2:36:57
VP10 - Königswe	6.20	41:35	6:42	14	10:22	50	12:10	65.50	7:53:23	7:13	38	2:40:19	136	2:49:07
VP11 - Gedenkst	6.80	1:01:13	9:00	53	26:20	226	36:54	72.30	8:54:36	7:23	40	3:05:38	147	3:16:14
VP12 - Brauhaus	6.90	1:01:46	8:57	53	26:04	202	28:39	79.20	9:56:22	7:31	40	3:31:42	152	3:44:53
VP13 - Revierförs	5.70	50:34	8:52	45	19:57	173	20:31	84.90	10:46:56	7:37	40	3:51:39	151	4:05:24
VP14 - Schloss S	6.30	1:00:34	9:36	35	27:10	130	29:07	91.20	11:47:30	7:45	38	4:18:29	142	4:34:31
VP15 - Pagel & Fi	7.60	1:04:35	8:29	47	24:48	159	26:53	98.80	12:52:05	7:48	37	4:40:13	139	5:01:24
VP16 - Karolinenl	4.90	50:51	10:22	57	23:44	190	25:16	103.70	13:42:56	7:56	39	5:03:57	141	5:26:40
VP17 - Falkensee	6.50	1:04:59	9:59	55	27:15	204	32:28	110.20	14:47:55	8:03	43	5:27:08	151	5:59:08
VP18 - Schönwal	5.80	55:41	9:36	45	23:10	155	26:36	116.00	15:43:36	8:08	43	5:50:15	155	6:25:44
VP19 - Grenzturn	7.30	1:16:46	10:30	49	33:37	179	48:40	123.30	17:00:22	8:16	43	6:22:44	162	7:03:43
VP20 - Rudercluk	4.80	46:33	9:41	41	18:55	132	22:13	128.10	17:46:55	8:19	42	6:41:39	159	7:25:56
VP21 - Frohnau	4.10	50:00	12:11	40	26:02	145	27:21	132.20	18:36:55	8:26	41	7:07:41	152	7:53:17
VP22 - Naturschu	6.40	1:02:38	9:47	41	25:09	160	29:26	138.60	19:39:33	8:30	44	7:28:48	158	8:22:43
VP23 - Oranienbu	4.50	53:32	11:53	48	26:26	192	28:35	143.10	20:33:05	8:37	44	7:54:21	164	8:51:18
VP24 - Laufftreff l	5.30	51:19	9:40	32	20:02	102	23:05	148.40	21:24:24	8:39	44	8:14:23	163	9:14:23
VP25 - Wilhelmsr	5.70	57:10	10:01	39	24:02	132	27:09	154.10	22:21:34	8:42	44	8:37:43	165	9:41:32
VP26 - Wollankst	3.10	28:33	9:12	23	10:33	73	11:26	157.20	22:50:07	8:42	44	8:48:16	160	9:52:58
Friedrich-Ludwig	4.20	39:21	9:22	44	17:44	172	19:35	161.90	23:29:28	8:42	45	9:04:04	164	10:11:47