



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Boerenkamp, Rainer

□□□: 24:46:32

□□: Nettetal

□□: 6.50 km/h

□□: 11

□□□□: 9:11 min/km

□□: 161.90 km

□□□□□/□□□□: 223 (of 397)

100MeilenBerlin

□□□□□/□: 191 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 29(of 50)

Senioren M55 (55-59 Jahre)

□□□□□□□: 18:35:32

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:07:11	7:48	41	17:48	249	23:03	8.60	1:07:11	7:48	41	17:48	249	23:03
VP2 - East Side G	4.80	34:10	7:07	42	9:24	262	13:07	13.40	1:41:21	7:33	44	27:12	260	36:07
VP3 - Dammweg	5.80	46:08	7:57	42	11:35	271	16:56	19.20	2:27:29	7:40	43	38:47	261	52:38
VP4 - Johannisth	5.70	43:38	7:39	42	11:56	266	19:06	24.90	3:11:07	7:40	43	50:32	268	1:11:25
VP5 - Imbiß "Am	9.50	1:15:38	7:57	44	20:57	266	34:06	34.40	4:26:45	7:45	44	1:11:29	269	1:45:28
VP6 - Buckow	4.50	37:57	8:26	37	11:23	242	17:21	38.90	5:04:42	7:49	42	1:22:52	261	2:02:49
□□□	7.60	1:02:06	8:10	35	17:19	243	28:04	46.50	6:06:48	7:53	41	1:40:11	258	2:30:53
VP8 - Osdorfer St	6.30	53:05	8:25	33	16:18	236	25:39	52.80	6:59:53	7:57	40	1:55:32	253	2:56:32
VP9 - Sportplatz	6.50	1:05:21	10:03	37	27:35	232	43:54	59.30	8:05:14	8:10	37	2:17:10	245	3:30:23
VP10 - Königswe	6.20	51:09	8:15	27	10:57	188	21:44	65.50	8:56:23	8:11	35	2:24:42	244	3:52:07
VP11 - Gedenkst	6.80	58:12	8:33	29	33:53	193	33:53	72.30	9:54:35	8:13	33	2:33:36	239	4:16:13
VP12 - Brauhaus	6.90	1:12:47	10:32	39	27:09	269	39:40	79.20	11:07:22	8:25	33	2:54:24	242	4:55:53
VP13 - Revierförs	5.70	47:18	8:17	15	6:39	125	17:15	84.90	11:54:40	8:25	33	2:58:23	237	5:13:08
VP14 - Schloss S	6.30	1:06:11	10:30	26	20:53	166	34:44	91.20	13:00:51	8:33	33	3:19:16	229	5:47:52
VP15 - Pagel & Fi	7.60	1:10:06	9:13	29	19:44	205	32:24	98.80	14:10:57	8:36	33	3:35:08	228	6:20:16
VP16 - Karolinenl	4.90	50:51	10:22	29	12:53	190	25:16	103.70	15:01:48	8:41	32	3:41:09	224	6:45:32
VP17 - Falkensee	6.50	59:06	9:05	25	12:57	160	26:35	110.20	16:00:54	8:43	31	3:47:27	218	7:12:07
VP18 - Schönwal	5.80	57:08	9:51	25	17:35	172	28:03	116.00	16:58:02	8:46	31	4:03:16	217	7:40:10
VP19 - Grenzturn	7.30	1:13:54	10:07	21	42:31	161	45:48	123.30	18:11:56	8:51	30	4:25:20	212	8:15:17
VP20 - Rudercluk	4.80	54:12	11:17	26	19:37	205	29:52	128.10	19:06:08	8:56	30	4:44:57	208	8:45:09
VP21 - Frohnau	4.10	58:23	14:14	37	24:41	205	35:44	132.20	20:04:31	9:06	31	5:09:38	208	9:20:53
VP22 - Naturschu	6.40	58:14	9:05	14	10:11	111	25:02	138.60	21:02:45	9:06	31	5:19:49	207	9:45:55
VP23 - Oranienbu	4.50	49:19	10:57	26	15:15	164	24:22	143.10	21:52:04	9:10	30	5:35:04	205	10:10:17
VP24 - Laufftreff l	5.30	55:38	10:29	22	16:12	161	27:24	148.40	22:47:42	9:12	30	5:50:24	202	10:37:41
VP25 - Wilhelmsr	5.70	56:37	9:55	18	13:58	129	26:36	154.10	23:44:19	9:14	29	6:04:22	197	11:04:17
VP26 - Wollankst	3.10	32:40	10:32	17	7:42	131	15:33	157.20	24:16:59	9:16	29	6:12:04	194	11:19:50
Friedrich-Ludwig	4.20	29:33	7:02	3	2:36	44	9:47	161.90	24:46:32	9:10	29	6:11:00	192	11:28:51