



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Vincent, Jonas

00: Ifk Sala Sweden

00: 92

00: 161.90 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 25:04:44

00: 6.42 km/h

0000: 9:17 min/km

00000/0000: 227 (of 397)

00000/0: 194 (of 313)

000000: 13:17:41

00000: 44(of 70)

0000000: 16:22:32

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
VP1 - Checkpoint	8.60	55:51	6:29	22	11:37	87	11:43	8.60	55:51	6:29	22	11:37	87	11:43
VP2 - East Side G	4.80	27:56	5:49	25	6:51	84	6:53	13.40	1:23:47	6:15	22	18:28	79	18:33
VP3 - Dammweg	5.80	39:45	6:51	34	9:57	140	10:33	19.20	2:03:32	6:26	26	28:25	98	28:41
VP4 - Johannisth	5.70	39:44	6:58	50	13:02	197	15:12	24.90	2:43:16	6:33	29	41:27	112	43:34
VP5 - Imbiß "Am	9.50	1:06:39	7:00	40	19:17	167	25:07	34.40	3:49:55	6:41	35	1:00:44	132	1:08:38
VP6 - Buckow	4.50	32:36	7:14	30	9:21	132	12:00	38.90	4:22:31	6:44	35	1:10:05	133	1:20:38
000	7.60	53:53	7:05	32	13:11	137	19:51	46.50	5:16:24	6:48	33	1:23:13	132	1:40:29
VP8 - Osdorfer St	6.30	44:41	7:05	28	11:02	121	17:15	52.80	6:01:05	6:50	33	1:34:15	126	1:57:44
VP9 - Sportplatz	6.50	1:14:14	11:25	58	39:40	269	52:47	59.30	7:15:19	7:20	39	2:13:55	173	2:40:28
VP10 - Königswe	6.20	48:08	7:45	36	12:05	144	18:43	65.50	8:03:27	7:22	38	2:26:00	165	2:59:11
VP11 - Gedenkst	6.80	57:24	8:26	42	17:11	177	33:05	72.30	9:00:51	7:28	39	2:42:17	165	3:22:29
VP12 - Brauhaus	6.90	1:04:29	9:20	51	23:09	219	31:22	79.20	10:05:20	7:38	42	3:01:08	176	3:53:51
VP13 - Revierförs	5.70	51:07	8:58	44	16:28	181	21:04	84.90	10:56:27	7:43	41	2:39:52	174	4:14:55
VP14 - Schloss S	6.30	1:13:46	11:42	47	36:11	202	42:19	91.20	12:10:13	8:00	44	3:10:30	181	4:57:14
VP15 - Pagel & Fi	7.60	1:06:13	8:42	40	19:26	177	28:31	98.80	13:16:26	8:03	43	3:27:49	185	5:25:45
VP16 - Karolinenl	4.90	48:31	9:54	36	16:29	164	22:56	103.70	14:04:57	8:08	43	3:44:18	180	5:48:41
VP17 - Falkensee	6.50	1:03:07	9:42	45	20:48	193	30:36	110.20	15:08:04	8:14	42	4:05:06	180	6:19:17
VP18 - Schönwal	5.80	58:41	10:07	37	22:46	186	29:36	116.00	16:06:45	8:20	43	4:27:52	183	6:48:53
VP19 - Grenzturn	7.30	1:21:11	11:07	49	34:49	205	53:05	123.30	17:27:56	8:29	44	5:02:41	191	7:31:17
VP20 - Rudercluk	4.80	53:25	11:07	46	24:04	194	29:05	128.10	18:21:21	8:35	45	5:26:45	193	8:00:22
VP21 - Frohnau	4.10	56:13	13:42	47	30:26	193	33:34	132.20	19:17:34	8:45	46	5:57:11	197	8:33:56
VP22 - Naturschu	6.40	1:12:50	11:22	49	32:25	210	39:38	138.60	20:30:24	8:52	48	6:29:36	200	9:13:34
VP23 - Oranienbu	4.50	53:04	11:47	42	24:46	190	28:07	143.10	21:23:28	8:58	45	6:54:22	195	9:41:41
VP24 - Laufftreff l	5.30	1:12:23	13:39	55	39:56	247	44:09	148.40	22:35:51	9:08	46	7:34:18	197	10:25:50
VP25 - Wilhelmsr	5.70	1:09:31	12:11	50	33:44	226	39:30	154.10	23:45:22	9:14	45	8:08:02	198	11:05:20
VP26 - Wollankst	3.10	35:16	11:22	43	14:52	179	18:09	157.20	24:20:38	9:17	44	8:22:54	195	11:23:29
Friedrich-Ludwig	4.20	44:06	10:30	49	19:27	224	24:20	161.90	25:04:44	9:17	44	8:42:12	195	11:47:03