



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Krogh, Harald

□□: Romerike Ultraløperklubb

□□: 132

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 26:14:33

□□: 6.14 km/h

□□□□: 9:44 min/km

□□□□□/□□□□: 247 (of 397)

□□□□□/□: 210 (of 313)

□□□□□□: 13:17:41

□□□□□: 49(of 70)

□□□□□□□: 16:22:32

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:08:24	7:57	66	24:10	266	24:16	8.60	1:08:24	7:57	66	24:10	266	24:16
VP2 - East Side G	4.80	38:40	8:03	68	17:35	306	17:37	13.40	1:47:04	7:59	68	41:45	297	41:50
VP3 - Dammweg	5.80	47:05	8:07	65	17:17	282	17:53	19.20	2:34:09	8:01	67	59:02	290	59:18
VP4 - Johannisth	5.70	43:33	7:38	65	16:51	264	19:01	24.90	3:17:42	7:56	67	1:15:53	287	1:18:00
VP5 - Imbiß "Am	9.50	1:16:30	8:03	62	29:08	274	34:58	34.40	4:34:12	7:58	67	1:45:01	290	1:52:55
VP6 - Buckow	4.50	37:01	8:13	52	13:46	229	16:25	38.90	5:11:13	8:00	66	1:58:47	280	2:09:20
□□□	7.60	58:23	7:40	48	17:41	203	24:21	46.50	6:09:36	7:56	63	2:16:25	266	2:33:41
VP8 - Osdorfer St	6.30	49:21	7:50	48	15:42	196	21:55	52.80	6:58:57	7:56	61	2:32:07	252	2:55:36
VP9 - Sportplatz	6.50	1:00:11	9:15	42	25:37	187	38:44	59.30	7:59:08	8:04	58	2:57:44	242	3:24:17
VP10 - Königswe	6.20	49:46	8:01	41	13:43	166	20:21	65.50	8:48:54	8:04	57	3:11:27	237	3:44:38
VP11 - Gedenkst	6.80	1:01:06	8:59	56	20:53	223	36:47	72.30	9:50:00	8:09	57	3:31:26	234	4:11:38
VP12 - Brauhaus	6.90	59:42	8:39	43	18:22	182	26:35	79.20	10:49:42	8:12	57	3:45:30	230	4:38:13
VP13 - Revierförs	5.70	1:00:48	10:39	60	26:09	267	30:45	84.90	11:50:30	8:22	57	3:33:55	233	5:08:58
VP14 - Schloss S	6.30	53:24	8:28	17	15:49	77	21:57	91.20	12:43:54	8:22	53	3:44:11	220	5:30:55
VP15 - Pagel & Fi	7.60	1:09:51	9:11	49	23:04	201	32:09	98.80	13:53:45	8:26	54	4:05:08	220	6:03:04
VP16 - Karolinenl	4.90	45:26	9:16	28	13:24	121	19:51	103.70	14:39:11	8:28	52	4:18:32	213	6:22:55
VP17 - Falkensee	6.50	1:08:15	10:30	50	25:56	215	35:44	110.20	15:47:26	8:35	53	4:44:28	215	6:58:39
VP18 - Schönwal	5.80	1:00:27	10:25	42	24:32	200	31:22	116.00	16:47:53	8:41	52	5:09:00	211	7:30:01
VP19 - Grenzturn	7.30	1:20:39	11:02	46	34:17	200	52:33	123.30	18:08:32	8:49	52	5:43:17	210	8:11:53
VP20 - Rudercluk	4.80	1:05:26	13:37	58	36:05	246	41:06	128.10	19:13:58	9:00	52	6:19:22	213	8:52:59
VP21 - Frohnau	4.10	51:32	12:34	39	25:45	162	28:53	132.20	20:05:30	9:07	51	6:45:07	209	9:21:52
VP22 - Naturschu	6.40	1:16:08	11:53	52	35:43	227	42:56	138.60	21:21:38	9:14	51	7:20:50	210	10:04:48
VP23 - Oranienbu	4.50	54:34	12:07	46	26:16	197	29:37	143.10	22:16:12	9:20	50	7:47:06	208	10:34:25
VP24 - Laufftreff l	5.30	1:04:48	12:13	50	32:21	222	36:34	148.40	23:21:00	9:26	50	8:19:27	210	11:10:59
VP25 - Wilhelmsr	5.70	1:14:48	13:07	54	39:01	240	44:47	154.10	24:35:48	9:34	49	8:58:28	209	11:55:46
VP26 - Wollankst	3.10	45:27	14:39	57	25:03	246	28:20	157.20	25:21:15	9:40	49	9:23:31	210	12:24:06
Friedrich-Ludwig	4.20	53:18	12:41	58	28:39	252	33:32	161.90	26:14:33	9:43	49	9:52:01	211	12:56:52