



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Jahre, Kristian

□□: Holmestrand Ultraløperklubb

□□: 322

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 26:53:16

□□: 6.02 km/h

□□□□: 9:58 min/km

□□□□□/□□□□: 258 (of 397)

□□□□□/□: 216 (of 313)

□□□□□□: 13:17:41

□□□□□: 52(of 70)

□□□□□□□: 16:22:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Checkpoint	8.60	54:49	6:22	20	10:35	74	10:41	8.60	54:49	6:22	20	10:35	74	10:41
VP2 - East Side G	4.80	27:14	5:40	19	6:09	68	6:11	13.40	1:22:03	6:07	19	16:44	64	16:49
VP3 - Dammweg	5.80	38:15	6:35	25	8:27	100	9:03	19.20	2:00:18	6:15	20	25:11	73	25:27
VP4 - Johannisth	5.70	34:42	6:05	20	8:00	71	10:10	24.90	2:35:00	6:13	21	33:11	73	35:18
VP5 - Imbiß "Am	9.50	1:02:12	6:32	25	14:50	102	20:40	34.40	3:37:12	6:18	19	48:01	76	55:55
VP6 - Buckow	4.50	33:44	7:29	35	10:29	157	13:08	38.90	4:10:56	6:27	23	58:30	86	1:09:03
□□□	7.60	50:49	6:41	21	10:07	90	16:47	46.50	5:01:45	6:29	20	1:08:34	81	1:25:50
VP8 - Osdorfer St	6.30	43:49	6:57	24	10:10	112	16:23	52.80	5:45:34	6:32	20	1:18:44	78	1:42:13
VP9 - Sportplatz	6.50	58:23	8:58	39	23:49	171	36:56	59.30	6:43:57	6:48	22	1:42:33	95	2:09:06
VP10 - Königswe	6.20	49:58	8:03	44	13:55	169	20:33	65.50	7:33:55	6:55	23	1:56:28	97	2:29:39
VP11 - Gedenkst	6.80	1:09:10	10:10	62	28:57	266	44:51	72.30	8:43:05	7:14	28	2:24:31	127	3:04:43
VP12 - Brauhaus	6.90	1:05:51	9:32	56	24:31	231	32:44	79.20	9:48:56	7:26	32	2:44:44	139	3:37:27
VP13 - Revierförs	5.70	1:06:01	11:34	64	31:22	281	35:58	84.90	10:54:57	7:42	40	2:38:22	173	4:13:25
VP14 - Schloss S	6.30	1:10:29	11:11	44	32:54	192	39:02	91.20	12:05:26	7:57	40	3:05:43	170	4:52:27
VP15 - Pagel & Fi	7.60	1:16:07	10:00	53	29:20	234	38:25	98.80	13:21:33	8:06	46	3:32:56	190	5:30:52
VP16 - Karolinenl	4.90	1:02:31	12:45	57	30:29	252	36:56	103.70	14:24:04	8:19	48	4:03:25	202	6:07:48
VP17 - Falkensee	6.50	1:11:41	11:01	53	29:22	223	39:10	110.20	15:35:45	8:29	51	4:32:47	211	6:46:58
VP18 - Schönwal	5.80	1:17:12	13:18	63	41:17	266	48:07	116.00	16:52:57	8:43	54	5:14:04	214	7:35:05
VP19 - Grenzturn	7.30	1:20:23	11:00	44	34:01	198	52:17	123.30	18:13:20	8:52	54	5:48:05	214	8:16:41
VP20 - Rudercluk	4.80	53:28	11:08	48	24:07	196	29:08	128.10	19:06:48	8:57	51	6:12:12	210	8:45:49
VP21 - Frohnau	4.10	1:09:37	16:58	60	43:50	247	46:58	132.20	20:16:25	9:12	52	6:56:02	212	9:32:47
VP22 - Naturschu	6.40	1:17:41	12:08	53	37:16	230	44:29	138.60	21:34:06	9:20	52	7:33:18	215	10:17:16
VP23 - Oranienbu	4.50	1:08:37	15:14	59	40:19	252	43:40	143.10	22:42:43	9:31	51	8:13:37	215	11:00:56
VP24 - Laufftreff l	5.30	1:20:05	15:06	59	47:38	257	51:51	148.40	24:02:48	9:43	51	9:01:15	216	11:52:47
VP25 - Wilhelmsr	5.70	1:25:12	14:56	57	49:25	256	55:11	154.10	25:28:00	9:54	52	9:50:40	218	12:47:58
VP26 - Wollankst	3.10	40:06	12:56	51	19:42	232	22:59	157.20	26:08:06	9:58	52	10:10:22	217	13:10:57
Friedrich-Ludwig	4.20	45:10	10:45	50	20:31	227	25:24	161.90	26:53:16	9:57	52	10:30:44	217	13:35:35