



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Porstner, Thomas

□□□: 28:20:55

□□: LG Ultralauf

□□: 5.68 km/h

□□: 235

□□□□: 10:31 min/km

□□: 161.90 km

□□□□□/□□□: 286 (of 397)

100MeilenBerlin

□□□□□/□: 230 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 34(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	1:04:12	7:27	31	14:49	200	20:04	8.60	1:04:12	7:27	31	14:49	200	20:04
VP2 - East Side G	4.80	31:40	6:35	30	6:54	201	10:37	13.40	1:35:52	7:09	32	21:43	204	30:38
VP3 - Dammweg	5.80	43:55	7:34	38	9:22	233	14:43	19.20	2:19:47	7:16	33	31:05	210	44:56
VP4 - Johannisth	5.70	41:58	7:21	38	10:16	241	17:26	24.90	3:01:45	7:17	34	41:10	216	1:02:03
VP5 - Imbiß "Am	9.50	1:13:56	7:46	41	19:15	255	32:24	34.40	4:15:41	7:25	36	1:00:25	233	1:34:24
VP6 - Buckow	4.50	40:52	9:04	41	14:18	275	20:16	38.90	4:56:33	7:37	39	1:14:43	248	1:54:40
□□□	7.60	1:09:22	9:07	45	24:35	282	35:20	46.50	6:05:55	7:52	40	1:39:18	257	2:30:00
VP8 - Osdorfer St	6.30	1:03:23	10:03	49	26:36	302	35:57	52.80	7:09:18	8:07	44	2:04:57	267	3:05:57
VP9 - Sportplatz	6.50	1:08:14	10:29	38	30:28	251	46:47	59.30	8:17:32	8:23	41	2:29:28	260	3:42:41
VP10 - Königswe	6.20	59:09	9:32	40	18:57	263	29:44	65.50	9:16:41	8:29	41	2:45:00	260	4:12:25
VP11 - Gedenkst	6.80	1:10:15	10:19	40	45:56	268	45:56	72.30	10:26:56	8:40	39	3:05:57	261	4:48:34
VP12 - Brauhaus	6.90	1:05:53	9:32	33	20:15	232	32:46	79.20	11:32:49	8:44	38	3:19:51	256	5:21:20
VP13 - Revierförs	5.70	1:07:49	11:53	42	27:10	286	37:46	84.90	12:40:38	8:57	37	3:44:21	257	5:59:06
VP14 - Schloss S	6.30	1:21:02	12:51	35	35:44	242	49:35	91.20	14:01:40	9:13	37	4:20:05	255	6:48:41
VP15 - Pagel & Fi	7.60	1:17:04	10:08	35	26:42	241	39:22	98.80	15:18:44	9:17	37	4:42:55	254	7:28:03
VP16 - Karolinenl	4.90	1:04:55	13:14	38	26:57	261	39:20	103.70	16:23:39	9:29	36	5:03:00	249	8:07:23
VP17 - Falkensee	6.50	1:16:58	11:50	35	30:49	245	44:27	110.20	17:40:37	9:37	36	5:27:10	248	8:51:50
VP18 - Schönwal	5.80	1:10:30	12:09	36	30:57	244	41:25	116.00	18:51:07	9:45	36	5:56:21	249	9:33:15
VP19 - Grenzturn	7.30	1:37:01	13:17	35	1:05:38	244	1:08:55	123.30	20:28:08	9:57	36	6:41:32	246	10:31:29
VP20 - Rudercluk	4.80	57:19	11:56	30	22:44	220	32:59	128.10	21:25:27	10:02	35	7:04:16	241	11:04:28
VP21 - Frohnau	4.10	58:13	14:11	36	24:31	203	35:34	132.20	22:23:40	10:09	35	7:28:47	236	11:40:02
VP22 - Naturschu	6.40	1:20:40	12:36	40	32:37	248	47:28	138.60	23:44:20	10:16	35	8:01:24	237	12:27:30
VP23 - Oranienbu	4.50	54:59	12:13	32	20:55	200	30:02	143.10	24:39:19	10:20	34	8:22:19	232	12:57:32
VP24 - Laufftreff l	5.30	1:09:22	13:05	39	29:56	239	41:08	148.40	25:48:41	10:26	34	8:51:23	234	13:38:40
VP25 - Wilhelmsr	5.70	1:11:50	12:36	39	29:11	233	41:49	154.10	27:00:31	10:30	34	9:20:34	233	14:20:29
VP26 - Wollankst	3.10	39:21	12:41	37	14:23	227	22:14	157.20	27:39:52	10:33	34	9:34:57	232	14:42:43
Friedrich-Ludwig	4.20	41:03	9:46	29	14:06	193	21:17	161.90	28:20:55	10:30	34	9:45:23	231	15:03:14