



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Dougan, Ian

□□: Albany Athletics Club

□□: 194

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 29:11:37

□□: 5.51 km/h

□□□□: 10:49 min/km

□□□□□/□□□□: 309 (of 397)

□□□□□/□: 249 (of 313)

□□□□□□: 13:17:41

□□□□□: 14(of 20)

□□□□□□□: 15:36:02

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	1:10:54	8:14	20	22:35	297	26:46	8.60	1:10:54	8:14	20	22:35	297	26:46
VP2 - East Side G	4.80	33:07	6:53	16	8:08	238	12:04	13.40	1:44:01	7:45	17	30:35	275	38:47
VP3 - Dammweg	5.80	45:22	7:49	17	12:53	259	16:10	19.20	2:29:23	7:46	17	43:28	272	54:32
VP4 - Johannisth	5.70	41:31	7:17	14	11:55	234	16:59	24.90	3:10:54	7:40	17	55:13	266	1:11:12
VP5 - Imbiß "Am	9.50	1:14:20	7:49	14	23:08	258	32:48	34.40	4:25:14	7:42	15	1:18:21	263	1:43:57
VP6 - Buckow	4.50	40:38	9:01	16	15:18	274	20:02	38.90	5:05:52	7:51	14	1:33:39	267	2:03:59
□□□	7.60	1:05:51	8:39	15	25:24	268	31:49	46.50	6:11:43	7:59	15	1:59:03	273	2:35:48
VP8 - Osdorfer St	6.30	58:38	9:18	15	24:02	279	31:12	52.80	7:10:21	8:09	15	2:23:05	270	3:07:00
VP9 - Sportplatz	6.50	1:21:19	12:30	18	59:52	289	59:52	59.30	8:31:40	8:37	15	3:07:23	273	3:56:49
VP10 - Königswe	6.20	1:01:02	9:50	14	25:35	273	31:37	65.50	9:32:42	8:44	15	3:32:58	273	4:28:26
VP11 - Gedenkst	6.80	1:05:07	9:34	13	26:35	249	40:48	72.30	10:37:49	8:49	15	3:59:33	269	4:59:27
VP12 - Brauhaus	6.90	1:05:58	9:33	11	26:54	234	32:51	79.20	11:43:47	8:53	14	4:26:27	263	5:32:18
VP13 - Revierförs	5.70	58:23	10:14	13	25:39	256	28:20	84.90	12:42:10	8:58	14	4:52:06	260	6:00:38
VP14 - Schloss S	6.30	1:23:32	13:15	14	48:19	250	52:05	91.20	14:05:42	9:16	13	5:40:25	257	6:52:43
VP15 - Pagel & Fi	7.60	1:19:28	10:27	13	37:17	248	41:46	98.80	15:25:10	9:21	13	6:17:42	255	7:34:29
VP16 - Karolinenl	4.90	1:00:40	12:22	14	31:14	241	35:05	103.70	16:25:50	9:30	12	6:48:56	253	8:09:34
VP17 - Falkensee	6.50	1:21:53	12:35	13	43:55	257	49:22	110.20	17:47:43	9:41	12	7:32:51	252	8:58:56
VP18 - Schönwal	5.80	1:14:01	12:45	12	38:42	259	44:56	116.00	19:01:44	9:50	12	8:11:33	251	9:43:52
VP19 - Grenzturn	7.30	1:47:13	14:41	15	1:11:33	262	1:19:07	123.30	20:48:57	10:07	13	9:14:29	251	10:52:18
VP20 - Rudercluk	4.80	1:07:06	13:58	15	38:19	252	42:46	128.10	21:56:03	10:16	13	9:52:48	251	11:35:04
VP21 - Frohnau	4.10	1:07:58	16:34	14	41:30	244	45:19	132.20	23:04:01	10:28	13	10:34:18	249	12:20:23
VP22 - Naturschu	6.40	1:15:54	11:51	10	35:45	225	42:42	138.60	24:19:55	10:31	13	11:10:03	249	13:03:05
VP23 - Oranienbu	4.50	1:03:37	14:08	11	33:35	240	38:40	143.10	25:23:32	10:38	14	11:43:38	248	13:41:45
VP24 - Laufftreff l	5.30	1:08:47	12:58	12	34:51	236	40:33	148.40	26:32:19	10:43	14	12:18:29	248	14:22:18
VP25 - Wilhelmsr	5.70	1:15:49	13:18	12	40:29	242	45:48	154.10	27:48:08	10:49	14	12:58:58	249	15:08:06
VP26 - Wollankst	3.10	37:06	11:58	11	14:07	205	19:59	157.20	28:25:14	10:50	14	13:13:05	250	15:28:05
Friedrich-Ludwig	4.20	46:23	11:02	12	22:30	236	26:37	161.90	29:11:37	10:49	14	13:35:35	250	15:53:56