



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

□□□□

Tonkens, Jan

□□: Loopgroep Biddinghuizen

□□: 209

□□: 161.90 km

100MeilenBerlin

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 29:52:31

□□: 5.39 km/h

□□□□: 11:04 min/km

□□□□□/□□□□: 322 (of 397)

□□□□□/□: 257 (of 313)

□□□□□□: 13:17:41

□□□□□: 64(of 75)

□□□□□□□: 14:30:53

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------------------|----------|-----------------|--------------|---------|---------|---------|---------|--------|-----------|------------------|---------|----------|---------|----------|
| VP1 - Checkpoint | 8.60 | 1:07:14 | 7:49 | 57 | 23:05 | 251 | 23:06 | 8.60 | 1:07:14 | 7:49 | 57 | 23:05 | 251 | 23:06 |
| VP2 - East Side G | 4.80 | 34:24 | 7:10 | 66 | 13:21 | 267 | 13:21 | 13.40 | 1:41:38 | 7:35 | 62 | 36:24 | 262 | 36:24 |
| VP3 - Dammweg | 5.80 | 46:13 | 7:58 | 68 | 16:43 | 273 | 17:01 | 19.20 | 2:27:51 | 7:42 | 63 | 52:57 | 265 | 53:00 |
| VP4 - Johannisth | 5.70 | 43:50 | 7:41 | 66 | 19:02 | 271 | 19:18 | 24.90 | 3:11:41 | 7:41 | 66 | 1:11:59 | 273 | 1:11:59 |
| VP5 - Imbiß "Am | 9.50 | 1:14:53 | 7:52 | 65 | 32:32 | 261 | 33:21 | 34.40 | 4:26:34 | 7:44 | 66 | 1:44:31 | 268 | 1:45:17 |
| VP6 - Buckow | 4.50 | 38:33 | 8:33 | 66 | 17:18 | 256 | 17:57 | 38.90 | 5:05:07 | 7:50 | 65 | 2:01:49 | 265 | 2:03:14 |
| □□□ | 7.60 | 1:13:26 | 9:39 | 73 | 36:58 | 302 | 39:24 | 46.50 | 6:18:33 | 8:08 | 68 | 2:38:22 | 279 | 2:42:38 |
| VP8 - Osdorfer St | 6.30 | 54:40 | 8:40 | 68 | 24:25 | 251 | 27:14 | 52.80 | 7:13:13 | 8:12 | 68 | 3:02:47 | 275 | 3:09:52 |
| VP9 - Sportplatz | 6.50 | 1:10:52 | 10:54 | 64 | 39:27 | 259 | 49:25 | 59.30 | 8:24:05 | 8:30 | 67 | 3:42:14 | 265 | 3:49:14 |
| VP10 - Königswe | 6.20 | 57:39 | 9:17 | 63 | 26:26 | 249 | 28:14 | 65.50 | 9:21:44 | 8:34 | 67 | 4:08:40 | 265 | 4:17:28 |
| VP11 - Gedenkst | 6.80 | 1:07:39 | 9:56 | 64 | 32:46 | 257 | 43:20 | 72.30 | 10:29:23 | 8:42 | 67 | 4:40:25 | 263 | 4:51:01 |
| VP12 - Brauhaus | 6.90 | 1:11:27 | 10:21 | 66 | 35:45 | 262 | 38:20 | 79.20 | 11:40:50 | 8:50 | 68 | 5:16:10 | 261 | 5:29:21 |
| VP13 - Revierförs | 5.70 | 1:00:15 | 10:34 | 68 | 29:38 | 264 | 30:12 | 84.90 | 12:41:05 | 8:57 | 67 | 5:45:48 | 259 | 5:59:33 |
| VP14 - Schloss S | 6.30 | 2:15:00 | 21:25 | 72 | 1:41:36 | 288 | 1:43:33 | 91.20 | 14:56:05 | 9:49 | 72 | 7:27:04 | 279 | 7:43:06 |
| VP15 - Pagel & Fi | 7.60 | 1:21:48 | 10:45 | 67 | 42:01 | 260 | 44:06 | 98.80 | 16:17:53 | 9:53 | 72 | 8:06:01 | 276 | 8:27:12 |
| VP16 - Karolinenl | 4.90 | 1:15:27 | 15:23 | 69 | 48:20 | 274 | 49:52 | 103.70 | 17:33:20 | 10:09 | 71 | 8:54:21 | 273 | 9:17:04 |
| VP17 - Falkensee | 6.50 | 1:31:38 | 14:05 | 71 | 53:54 | 274 | 59:07 | 110.20 | 19:04:58 | 10:23 | 71 | 9:44:11 | 274 | 10:16:11 |
| VP18 - Schönwal | 5.80 | 1:19:00 | 13:37 | 71 | 46:29 | 269 | 49:55 | 116.00 | 20:23:58 | 10:33 | 71 | 10:30:37 | 273 | 11:06:06 |
| VP19 - Grenzturn | 7.30 | 1:57:25 | 16:05 | 69 | 1:14:16 | 267 | 1:29:19 | 123.30 | 22:21:23 | 10:52 | 70 | 11:43:45 | 272 | 12:24:44 |
| VP20 - Rudercluk | 4.80 | 56:40 | 11:48 | 60 | 29:02 | 218 | 32:20 | 128.10 | 23:18:03 | 10:54 | 67 | 12:12:47 | 266 | 12:57:04 |
| VP21 - Frohnau | 4.10 | 46:29 | 11:20 | 36 | 22:31 | 123 | 23:50 | 132.20 | 24:04:32 | 10:55 | 65 | 12:35:18 | 261 | 13:20:54 |
| VP22 - Naturschu | 6.40 | 1:19:11 | 12:22 | 60 | 41:42 | 240 | 45:59 | 138.60 | 25:23:43 | 10:59 | 65 | 13:12:58 | 261 | 14:06:53 |
| VP23 - Oranienbu | 4.50 | 54:51 | 12:11 | 51 | 27:45 | 199 | 29:54 | 143.10 | 26:18:34 | 11:01 | 65 | 13:39:50 | 258 | 14:36:47 |
| VP24 - Lauftreff l | 5.30 | 1:12:01 | 13:35 | 63 | 40:44 | 246 | 43:47 | 148.40 | 27:30:35 | 11:07 | 65 | 14:20:34 | 259 | 15:20:34 |
| VP25 - Wilhelmsr | 5.70 | 1:03:36 | 11:09 | 51 | 30:28 | 195 | 33:35 | 154.10 | 28:34:11 | 11:07 | 65 | 14:50:20 | 259 | 15:54:09 |
| VP26 - Wollankst | 3.10 | 37:51 | 12:12 | 57 | 19:51 | 215 | 20:44 | 157.20 | 29:12:02 | 11:08 | 65 | 15:10:11 | 259 | 16:14:53 |
| Friedrich-Ludwig | 4.20 | 40:29 | 9:38 | 49 | 18:52 | 184 | 20:43 | 161.90 | 29:52:31 | 11:04 | 65 | 15:27:07 | 258 | 16:34:50 |