



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Lorenzen, Henning

000: 19:54:27

00: Tidtagning - find os på facebook

00: 8.09 km/h

00: 336

0000: 7:23 min/km

00: 161.90 km

00000/000: 51 (of 397)

100MeilenBerlin

00000/0: 41 (of 313)

000000: 13:17:41

0000:

00000: 13(of 75)

Senioren M50 (50-54 Jahre)

0000000: 14:30:53

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
VP1 - Checkpoint	8.60	53:55	6:16	13	9:46	47	9:47	8.60	53:55	6:16	13	9:46	47	9:47
VP2 - East Side G	4.80	25:07	5:13	11	4:04	24	4:04	13.40	1:19:02	5:53	11	13:48	40	13:48
VP3 - Dammweg	5.80	34:08	5:53	10	4:38	31	4:56	19.20	1:53:10	5:53	11	18:16	41	18:19
VP4 - Johannisth	5.70	30:06	5:16	6	5:18	15	5:34	24.90	2:23:16	5:45	11	23:34	35	23:34
VP5 - Imbiß "Am	9.50	51:44	5:26	5	9:23	15	10:12	34.40	3:15:00	5:40	9	32:57	28	33:43
VP6 - Buckow	4.50	28:28	6:19	14	7:13	51	7:52	38.90	3:43:28	5:44	9	40:10	28	41:35
000	7.60	51:22	6:45	25	14:54	99	17:20	46.50	4:34:50	5:54	10	54:39	36	58:55
VP8 - Osdorfer St	6.30	42:33	6:45	23	12:18	89	15:07	52.80	5:17:23	6:00	12	1:06:57	43	1:14:02
VP9 - Sportplatz	6.50	52:12	8:01	28	20:47	115	30:45	59.30	6:09:35	6:13	13	1:27:44	45	1:34:44
VP10 - Königswe	6.20	45:13	7:17	26	14:00	99	15:48	65.50	6:54:48	6:19	14	1:41:44	48	1:50:32
VP11 - Gedenkst	6.80	48:27	7:07	16	13:34	57	24:08	72.30	7:43:15	6:24	14	1:54:17	48	2:04:53
VP12 - Brauhaus	6.90	46:32	6:44	10	10:50	35	13:25	79.20	8:29:47	6:26	14	2:05:07	49	2:18:18
VP13 - Revierförs	5.70	50:51	8:55	47	20:14	178	20:48	84.90	9:20:38	6:36	16	2:25:21	55	2:39:06
VP14 - Schloss S	6.30	42:48	6:47	6	9:24	17	11:21	91.20	10:03:26	6:36	14	2:34:25	45	2:50:27
VP15 - Pagel & Fi	7.60	47:39	6:16	6	7:52	14	9:57	98.80	10:51:05	6:35	12	2:39:13	33	3:00:24
VP16 - Karolinenl	4.90	42:44	8:43	24	15:37	79	17:09	103.70	11:33:49	6:41	13	2:54:50	36	3:17:33
VP17 - Falkensee	6.50	1:03:06	9:42	51	25:22	191	30:35	110.20	12:36:55	6:52	15	3:16:08	46	3:48:08
VP18 - Schönwal	5.80	45:27	7:50	17	12:56	55	16:22	116.00	13:22:22	6:55	16	3:29:01	44	4:04:30
VP19 - Grenzturn	7.30	1:00:16	8:15	18	17:07	52	32:10	123.30	14:22:38	6:59	16	3:45:00	42	4:25:59
VP20 - Rudercluk	4.80	41:57	8:44	26	14:19	73	17:37	128.10	15:04:35	7:03	15	3:59:19	44	4:43:36
VP21 - Frohnau	4.10	35:06	8:33	9	11:08	20	12:27	132.20	15:39:41	7:06	15	4:10:27	41	4:56:03
VP22 - Naturschu	6.40	49:34	7:44	13	12:05	39	16:22	138.60	16:29:15	7:08	15	4:18:30	41	5:12:25
VP23 - Oranienbu	4.50	35:43	7:56	10	8:37	26	10:46	143.10	17:04:58	7:09	15	4:26:14	39	5:23:11
VP24 - Laufftreff l	5.30	51:01	9:37	31	19:44	98	22:47	148.40	17:55:59	7:15	15	4:45:58	42	5:45:58
VP25 - Wilhelmsr	5.70	48:03	8:25	16	14:55	54	18:02	154.10	18:44:02	7:17	15	5:00:11	43	6:04:00
VP26 - Wollankst	3.10	36:44	11:50	54	18:44	201	19:37	157.20	19:20:46	7:23	15	5:18:55	44	6:23:37
Friedrich-Ludwig	4.20	33:41	8:01	27	12:04	118	13:55	161.90	19:54:27	7:22	14	5:29:03	42	6:36:46