



100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

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Gass, Wolfgang

□□□: 25:15:08

□□: Kleinmachnow

□□: 6.38 km/h

□□: 317

□□□□: 9:22 min/km

□□: 161.90 km

□□□□□/□□□: 137 (of 319)

100MeilenBerlin

□□□□□/□: 114 (of 257)

□□□□□□: 15:20:48

□□□□:

□□□□□: 13(of 32)

Senioren M55 (55-59 Jahre)

□□□□□□□: 16:39:21

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
VP1 - Brandenbu	7.30	46:56	6:25	12	7:15	100	13:39	7.30	46:56	6:25	12	7:15	100	13:39
VP2 - East Side C	6.46	39:36	6:07	6	5:18	53	9:30	13.76	1:26:32	6:17	7	12:33	67	22:54
VP3 - Dammweg	5.90	40:38	6:53	15	8:18	131	13:03	19.66	2:07:10	6:28	10	20:51	90	34:29
VP4 - Johannisth	5.64	37:23	6:37	9	7:23	90	10:48	25.30	2:44:33	6:30	10	28:14	89	45:17
VP5 - U-Bahnhof	5.90	41:52	7:05	11	10:07	106	12:58	31.20	3:26:25	6:36	11	38:21	92	57:53
VP6 - Buckow	4.92	36:25	7:24	15	8:46	126	11:47	36.12	4:02:50	6:43	11	46:35	96	1:09:40
VP7 - Kirchhainer	6.17	44:45	7:15	12	11:10	94	13:41	42.29	4:47:35	6:48	10	56:03	97	1:23:21
VP8 - Lichtenradi	4.37	31:26	7:11	12	7:46	101	9:21	46.66	5:19:01	6:50	10	1:03:49	97	1:32:42
VP9 - Osdorfer St	5.71	37:32	6:34	6	7:04	52	8:00	52.37	5:56:33	6:48	10	1:10:44	91	1:40:42
VP10 - Sportplatz	6.50	1:06:16	10:11	15	29:56	136	31:26	58.87	7:02:49	7:10	12	1:35:46	96	2:12:08
VP11 - Königsw	6.22	46:55	7:32	6	9:43	46	12:45	65.09	7:49:44	7:13	11	1:45:29	91	2:17:31
VP12 - Gedenkst	6.85	56:53	8:18	10	16:01	85	18:30	71.94	8:46:37	7:19	11	2:01:30	87	2:31:52
VP13 - Brauhaus	6.88	1:05:15	9:29	15	23:48	135	26:35	78.82	9:51:52	7:30	11	2:25:18	89	2:53:27
VP14 - Revierförs	5.70	48:57	8:35	9	14:31	70	16:53	84.52	10:40:49	7:34	11	2:39:49	85	3:08:04
VP15 - Schloss S	6.24	1:08:37	10:59	14	28:44	104	32:06	90.76	11:49:26	7:48	12	3:08:33	88	3:37:27
VP16 - Pagel & Fi	7.60	1:10:44	9:18	10	23:14	93	27:01	98.36	13:00:10	7:55	12	3:31:47	87	3:59:58
VP17 - Karolinenl	4.91	39:57	8:08	6	8:27	45	11:30	103.27	13:40:07	7:56	12	3:40:14	84	4:08:32
VP18 - Falkensee	6.60	1:02:26	9:27	13	19:44	104	24:04	109.87	14:42:33	8:01	12	3:59:58	84	4:31:38
VP19 - Schönwal	5.95	53:22	8:58	10	13:35	64	18:06	115.82	15:35:55	8:04	12	4:13:33	81	4:49:44
VP20 - Grenzturn	7.60	1:13:59	9:44	11	22:13	82	30:48	123.42	16:49:54	8:10	12	4:35:46	79	5:20:32
VP21 - Ruderclub	4.78	1:31:51	19:12	21	58:34	189	1:04:36	128.20	18:21:45	8:35	13	5:34:20	105	6:25:08
VP22 - Frohnau	4.07	44:56	11:02	14	16:31	127	20:27	132.27	19:06:41	8:40	13	5:50:51	107	6:45:29
VP23 - Naturschu	6.61	1:24:35	12:47	18	40:50	162	44:56	138.88	20:31:16	8:51	13	6:31:41	112	7:28:58
VP24 - Oranienbu	4.98	1:07:54	13:38	21	33:32	181	38:08	143.86	21:39:10	9:01	13	7:05:13	115	8:06:11
VP25 - Laufftreff l	5.34	1:06:12	12:23	18	27:49	163	36:15	149.20	22:45:22	9:09	13	7:33:02	114	8:39:33
VP26 - Wilhelmsr	5.72	1:06:06	11:33	19	30:37	170	33:58	154.92	23:51:28	9:14	13	8:03:39	112	9:13:01
VP27 - Wollankst	3.02	37:57	12:33	16	13:06	137	28:22	157.94	24:29:25	9:18	13	8:16:45	113	16:58:16
Friedrich-Ludwig	3.96	45:43	11:32	22	19:02	178	25:18	161.90	25:15:08	9:21	13	8:35:47	114	9:54:20