



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

0000

ZEHRING, Uwe

00: DUV Oschersleben

00: 172

00: 161.70 km

100MeilenBerlin

0000:

Senioren M55 (55-59 Jahre)

000: 23:49:44

00: 6.76 km/h

0000: 8:50 min/km

00000/0000: 252 (of 459)

00000/0: 152 (of 302)

000000: 13:39:56

00000: 17(of 46)

0000000: 13:39:56

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
VP1 - Wilhelmsru	6.94	49:12	7:05	21	18:11	200	18:11	6.94	49:12	7:05	21	18:11	200	18:11
VP2 - Laufftreff Li	5.69	40:53	7:11	20	16:48	192	16:48	12.63	1:30:05	7:07	20	34:59	193	34:59
VP3 - Oranienbur	5.74	38:03	6:37	17	13:57	171	13:57	18.37	2:08:08	6:58	19	48:56	187	48:56
VP4 - Naturschut	4.70	37:17	7:55	25	14:51	192	14:51	23.07	2:45:25	7:10	22	1:03:47	189	1:03:47
VP5 - Frohnau	6.80	48:02	7:03	24	19:07	190	19:07	29.87	3:33:27	7:08	22	1:22:54	186	1:22:54
VP6 - Ruderclub	4.06	47:08	11:36	37	28:58	261	29:01	33.93	4:20:35	7:40	26	1:51:52	216	1:51:52
VP7 - Grenzturm	4.75	34:53	7:20	19	13:10	166	13:10	38.68	4:55:28	7:38	25	2:05:02	212	2:05:02
VP8 - Schönwald	7.52	56:24	7:30	21	20:10	186	20:34	46.20	5:51:52	7:36	25	2:25:12	204	2:25:12
VP9 - Falkenseer	5.76	47:57	8:19	20	19:09	167	19:37	51.96	6:39:49	7:41	25	2:44:21	201	2:44:21
VP10 - Karolinenl	6.54	52:04	7:57	17	19:52	152	19:52	58.50	7:31:53	7:43	25	3:04:13	188	3:04:13
VP11 - Pagel & Fi	4.90	40:08	8:11	16	17:05	147	17:05	63.40	8:12:01	7:45	22	3:21:18	183	3:21:18
VP12 - Schloss S	7.62	1:19:56	10:29	24	43:03	206	43:03	71.02	9:31:57	8:03	23	4:04:21	189	4:04:21
VP13 - Revierförs	6.21	50:44	8:10	10	21:54	136	21:54	77.23	10:22:41	8:03	22	4:26:15	186	4:26:15
VP14 - Brauhaus	6.00	47:09	7:51	8	18:36	121	18:36	83.23	11:09:50	8:02	22	4:44:51	182	4:44:51
VP15 - Gedenkst.	6.90	53:00	7:40	10	20:05	114	20:05	90.13	12:02:50	8:01	20	5:04:56	178	5:04:56
VP16 - Königswe	6.87	1:01:14	8:54	6	26:29	100	26:29	97.00	13:04:04	8:04	17	5:31:25	169	5:31:25
VP17 - Sportplatz	6.20	56:08	9:03	7	22:23	60	22:23	103.20	14:00:12	8:08	16	5:53:48	157	5:53:48
VP18 - Osdorfer	6.50	1:15:50	11:39	23	39:06	198	41:23	109.70	15:16:02	8:21	16	6:32:54	165	6:32:54
VP19 - Lichtenrav	5.70	55:45	9:46	7	19:48	112	21:35	115.40	16:11:47	8:25	16	6:52:42	158	6:52:42
VP20 - Kirchhain	4.37	38:33	8:49	10	19:43	127	19:43	119.77	16:50:20	8:26	16	7:12:25	155	7:12:25
VP21 - Buckow	6.43	1:00:34	9:25	13	26:58	134	26:58	126.20	17:50:54	8:29	16	7:39:23	154	7:39:23
VP22 - Rudow	4.90	56:47	11:35	18	30:48	166	30:48	131.10	18:47:41	8:36	16	8:10:11	159	8:10:11
VP23 - Johannistl	5.90	57:42	9:46	14	26:07	110	26:07	137.00	19:45:23	8:39	17	8:36:18	153	8:36:18
VP24 - Dammwe	5.70	53:49	9:26	11	22:09	89	22:38	142.70	20:39:12	8:41	17	8:58:27	154	8:58:27
VP25 - East Side	5.80	1:03:01	10:51	12	23:33	94	26:04	148.50	21:42:13	8:46	17	9:22:00	154	9:22:00
VP26 - Checkpoir	5.28	42:40	8:04	16	18:37	116	21:07	153.78	22:24:53	8:44	17	9:40:37	154	9:40:37
VP27 - Gedenkst.	3.32	43:10	13:00	12	16:23	83	18:33	157.10	23:08:03	8:50	17	9:57:00	151	9:57:00
Friedrich-Ludwig	4.60	41:41	9:03	7	12:48	84	17:29	161.70	23:49:44	8:50	17	10:09:48	152	10:09:48