



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GERSDORF, Lutz

□□□: 29:28:17

□□: (ohne)

□□: 5.46 km/h

□□: 216

□□□□: 10:56 min/km

□□: 161.70 km

□□□□□/□□□: 341 (of 459)

100MeilenBerlin

□□□□□/□: 213 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 5(of 12)

Senioren M65 (65-69 Jahre)

□□□□□□□: 25:26:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	45:55	6:36	2	3:55	145	14:54	6.94	45:55	6:36	2	3:55	145	14:54	
VP2 - Lauftreff Li	5.69	43:32	7:39	4	8:18	235	19:27	12.63	1:29:27	7:04	2	12:13	189	34:21	
VP3 - Oranienbur	5.74	44:00	7:39	6	11:04	255	19:54	18.37	2:13:27	7:15	3	23:17	218	54:15	
VP4 - Naturschut	4.70	39:41	8:26	3	9:23	221	17:15	23.07	2:53:08	7:30	3	32:40	222	1:11:30	
VP5 - Frohnau	6.80	47:32	6:59	3	6:48	182	18:37	29.87	3:40:40	7:23	3	39:28	215	1:30:07	
VP6 - Ruderclub	4.06	34:04	8:23	2	5:07	164	15:57	33.93	4:14:44	7:30	3	44:35	200	1:46:01	
VP7 - Grenzturm	4.75	37:01	7:47	2	6:47	196	15:18	38.68	4:51:45	7:32	2	51:22	199	2:01:19	
VP8 - Schönwald	7.52	56:06	7:27	2	6:28	185	20:16	46.20	5:47:51	7:31	2	57:50	197	2:21:11	
VP9 - Falkenseer	5.76	47:42	8:16	2	6:56	163	19:22	51.96	6:35:33	7:36	2	1:04:46	192	2:40:05	
VP10 - Karolinenl	6.54	1:03:11	9:39	5	14:08	234	30:59	58.50	7:38:44	7:50	2	1:18:54	204	3:11:04	
VP11 - Pagel & Fi	4.90	54:27	11:06	6	17:17	249	31:24	63.40	8:33:11	8:05	2	1:36:11	207	3:42:28	
VP12 - Schloss S	7.62	1:26:44	11:22	6	16:48	233	49:51	71.02	9:59:55	8:26	5	1:50:23	221	4:32:19	
VP13 - Revierförs	6.21	1:14:38	12:01	6	24:27	258	45:48	77.23	11:14:33	8:44	5	2:14:50	229	5:18:07	
VP14 - Brauhaus	6.00	1:10:12	11:42	6	20:22	254	41:39	83.23	12:24:45	8:56	5	2:35:12	233	5:59:46	
VP15 - Gedenkst.	6.90	1:24:55	12:18	7	29:13	255	52:00	90.13	13:49:40	9:12	6	3:00:42	240	6:51:46	
VP16 - Königswe	6.87	1:29:29	13:01	5	25:26	236	54:44	97.00	15:19:09	9:28	6	2:50:44	240	7:46:30	
VP17 - Sportplatz	6.20	1:45:42	17:02	7	50:40	221	1:11:57	103.20	17:04:51	9:55	6	3:08:56	234	8:58:27	
VP18 - Osdorfer	6.50	1:16:20	11:44	5	21:38	201	41:53	109.70	18:21:11	10:02	6	3:06:55	232	9:38:03	
VP19 - Lichtenrav	5.70	1:11:46	12:35	5	15:24	201	37:36	115.40	19:32:57	10:09	6	2:59:47	228	10:13:52	
VP20 - Kirchhain	4.37	57:22	13:07	5	20:55	216	38:32	119.77	20:30:19	10:16	6	3:20:42	225	10:52:24	
VP21 - Buckow	6.43	1:18:43	12:14	4	24:30	194	45:07	126.20	21:49:02	10:22	6	3:45:12	219	11:37:31	
VP22 - Rudow	4.90	1:05:14	13:18	4	15:30	206	39:15	131.10	22:54:16	10:28	5	4:00:42	216	12:16:46	
VP23 - Johannistl	5.90	1:14:33	12:38	3	8:19	182	42:58	137.00	24:08:49	10:34	5	3:34:11	214	12:59:44	
VP24 - Dammwe	5.70	1:08:43	12:03	4	2:49	177	37:32	142.70	25:17:32	10:38	5	3:21:44	209	13:36:47	
VP25 - East Side	5.80	1:23:19	14:21	5	11:52	196	46:22	148.50	26:40:51	10:46	5	3:33:36	209	14:20:38	
VP26 - Checkpoir	5.28	49:31	9:22	5	3:35	171	27:58	153.78	27:30:22	10:43	5	3:37:11	209	14:46:06	
VP27 - Gedenkst.	3.32	56:13	16:55	5	11:43	188	31:36	157.10	28:26:35	10:51	5	3:44:25	212	15:15:32	
Friedrich-Ludwig	4.60	1:01:42	13:24	5	18:50	199	37:30	161.70	29:28:17	10:56	5	4:01:31	213	15:48:21	