



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GOLL, Kai

□□□: 20:58:07

□□: (ohne)

□□: 7.68 km/h

□□: 246

□□□□: 7:47 min/km

□□: 161.70 km

□□□□□/□□□□: 142 (of 459)

100MeilenBerlin

□□□□□/□: 69 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 6(of 14)

Senioren M30 (30-34 Jahre)

□□□□□□□: 16:49:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	42:09	6:04	7	5:09	79	11:08	6.94	42:09	6:04	7	5:09	79	11:08	
VP2 - Laufftreff Li	5.69	36:49	6:28	9	6:33	115	12:44	12.63	1:18:58	6:15	7	11:38	100	23:52	
VP3 - Oranienbur	5.74	31:28	5:28	5	3:30	45	7:22	18.37	1:50:26	6:00	6	15:08	75	31:14	
VP4 - Naturschut	4.70	28:32	6:04	3	2:04	34	6:06	23.07	2:18:58	6:01	5	17:12	59	37:20	
VP5 - Frohnau	6.80	39:36	5:49	5	4:10	52	10:41	29.87	2:58:34	5:58	5	21:22	58	48:01	
VP6 - Ruderclub	4.06	28:01	6:54	8	5:09	80	9:54	33.93	3:26:35	6:05	5	26:31	59	57:52	
VP7 - Grenzturm	4.75	27:52	5:52	5	1:32	37	6:09	38.68	3:54:27	6:03	5	28:03	55	1:04:01	
VP8 - Schönwald	7.52	45:08	6:00	4	2:47	47	9:18	46.20	4:39:35	6:03	6	27:52	52	1:12:55	
VP9 - Falkenseer	5.76	36:12	6:17	5	4:05	36	7:52	51.96	5:15:47	6:04	5	31:57	49	1:20:19	
VP10 - Karolinenl	6.54	42:49	6:32	6	5:27	48	10:37	58.50	5:58:36	6:07	5	35:33	48	1:30:56	
VP11 - Pagel & Fi	4.90	34:08	6:57	6	7:11	67	11:05	63.40	6:32:44	6:11	5	42:44	49	1:42:01	
VP12 - Schloss S	7.62	1:01:48	8:06	7	16:45	104	24:55	71.02	7:34:32	6:24	5	59:29	56	2:06:56	
VP13 - Revierförs	6.21	44:19	7:08	6	7:17	66	15:29	77.23	8:18:51	6:27	6	1:06:12	57	2:22:25	
VP14 - Brauhaus	6.00	41:36	6:56	5	7:50	71	13:03	83.23	9:00:27	6:29	5	1:14:02	57	2:35:28	
VP15 - Gedenkst.	6.90	50:59	7:23	6	12:26	99	18:04	90.13	9:51:26	6:33	5	1:26:28	60	2:53:32	
VP16 - Königswe	6.87	56:50	8:16	7	12:37	83	22:05	97.00	10:48:16	6:40	5	1:39:05	61	3:15:37	
VP17 - Sportplatz	6.20	1:01:39	9:56	5	24:58	87	27:54	103.20	11:49:55	6:52	6	2:04:03	70	3:43:31	
VP18 - Osdorfer	6.50	54:02	8:18	7	12:06	93	19:35	109.70	12:43:57	6:57	6	2:10:59	67	4:00:49	
VP19 - Lichtenrav	5.70	48:06	8:26	5	6:10	55	13:56	115.40	13:32:03	7:02	6	2:16:19	65	4:12:58	
VP20 - Kirchhain	4.37	43:32	9:57	8	16:02	164	24:42	119.77	14:15:35	7:08	5	2:32:01	68	4:37:40	
VP21 - Buckow	6.43	50:00	7:46	5	9:44	55	16:24	126.20	15:05:35	7:10	6	2:39:46	67	4:54:04	
VP22 - Rudow	4.90	48:28	9:53	6	16:48	129	22:29	131.10	15:54:03	7:16	5	2:56:34	67	5:16:33	
VP23 - Johannistl	5.90	53:50	9:07	5	15:29	75	22:15	137.00	16:47:53	7:21	5	3:12:03	68	5:38:48	
VP24 - Dammwe	5.70	51:12	8:58	5	11:42	61	20:01	142.70	17:39:05	7:25	5	3:21:57	68	5:58:20	
VP25 - East Side	5.80	1:03:57	11:01	6	21:47	99	27:00	148.50	18:43:02	7:33	5	3:37:34	67	6:22:49	
VP26 - Checkpoir	5.28	52:03	9:51	10	21:38	185	30:30	153.78	19:35:05	7:38	6	3:57:15	69	6:50:49	
VP27 - Gedenkst.	3.32	42:10	12:42	6	10:24	73	17:33	157.10	20:17:15	7:44	6	4:02:38	68	7:06:12	
Friedrich-Ludwig	4.60	40:52	8:53	7	11:45	80	16:40	161.70	20:58:07	7:46	6	4:09:03	69	7:18:11	