



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GESKE, Lutz

00: TEA Barnstorf

00: 263

00: 161.70 km

100MeilenBerlin

0000:

Senioren M45 (45-49 Jahre)

000: 19:08:58

00: 8.41 km/h

0000: 7:06 min/km

00000/0000: 95 (of 459)

00000/0: 36 (of 302)

000000: 13:39:56

00000: 10(of 85)

0000000: 15:47:54

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
VP1 - Wilhelmsru	6.94	42:23	6:06	29	8:59	91	11:22	6.94	42:23	6:06	29	8:59	91	11:22
VP2 - Laufftreff Li	5.69	35:57	6:19	31	8:42	95	11:52	12.63	1:18:20	6:12	31	17:41	95	23:14
VP3 - Oranienbur	5.74	34:53	6:04	39	9:04	114	10:47	18.37	1:53:13	6:09	32	26:45	95	34:01
VP4 - Naturschut	4.70	31:32	6:42	28	6:25	85	9:06	23.07	2:24:45	6:16	32	33:10	95	43:07
VP5 - Frohnau	6.80	42:19	6:13	28	9:05	87	13:24	29.87	3:07:04	6:15	29	41:16	90	56:31
VP6 - Ruderclub	4.06	27:52	6:51	23	6:23	73	9:45	33.93	3:34:56	6:20	27	47:39	85	1:06:13
VP7 - Grenzturm	4.75	30:55	6:30	29	6:51	90	9:12	38.68	4:05:51	6:21	26	54:30	85	1:15:25
VP8 - Schönwald	7.52	46:59	6:14	22	7:32	66	11:09	46.20	4:52:50	6:20	25	1:01:10	80	1:26:10
VP9 - Falkenseer	5.76	-	-	77	-	264	-	51.96	4:52:50	5:38	7	28:41	31	57:22
VP10 - Karolinenl	6.54	1:25:51	13:07	77	50:47	262	53:39	58.50	6:18:41	6:28	22	1:18:31	72	1:51:01
VP11 - Pagel & Fi	4.90	35:12	7:11	30	7:18	82	12:09	63.40	6:53:53	6:31	22	1:25:49	75	2:03:10
VP12 - Schloss S	7.62	53:32	7:01	20	10:01	52	16:39	71.02	7:47:25	6:34	21	1:32:25	69	2:19:49
VP13 - Revierförs	6.21	46:50	7:32	34	11:05	94	18:00	77.23	8:34:15	6:39	21	1:41:15	69	2:37:49
VP14 - Brauhaus	6.00	38:48	6:27	13	5:47	41	10:15	83.23	9:13:03	6:38	21	1:45:58	68	2:48:04
VP15 - Gedenkst.	6.90	43:59	6:22	9	4:25	38	11:04	90.13	9:57:02	6:37	21	1:49:53	66	2:59:08
VP16 - Königswe	6.87	53:44	7:49	19	12:05	57	18:59	97.00	10:50:46	6:42	21	1:58:16	65	3:18:07
VP17 - Sportplatz	6.20	52:58	8:32	12	15:11	49	19:13	103.20	11:43:44	6:49	22	2:08:35	62	3:37:20
VP18 - Osdorfer	6.50	50:10	7:43	22	12:21	63	15:43	109.70	12:33:54	6:52	20	2:15:50	57	3:50:46
VP19 - Lichtenra	5.70	49:47	8:44	19	11:53	64	15:37	115.40	13:23:41	6:57	22	2:22:34	61	4:04:36
VP20 - Kirchhain	4.37	31:36	7:13	17	9:45	54	12:46	119.77	13:55:17	6:58	21	2:31:10	58	4:17:22
VP21 - Buckow	6.43	45:58	7:08	11	10:54	35	12:22	126.20	14:41:15	6:58	20	2:39:28	57	4:29:44
VP22 - Rudow	4.90	44:06	9:00	32	13:53	86	18:07	131.10	15:25:21	7:03	20	2:53:21	57	4:47:51
VP23 - Johannistl	5.90	41:48	7:05	7	6:46	26	10:13	137.00	16:07:09	7:03	20	3:00:07	54	4:58:04
VP24 - Dammwe	5.70	39:49	6:59	3	5:33	16	8:38	142.70	16:46:58	7:03	16	3:05:40	49	5:06:13
VP25 - East Side	5.80	47:01	8:06	4	6:30	17	10:04	148.50	17:33:59	7:05	14	3:12:10	43	5:13:46
VP26 - Checkpoir	5.28	31:55	6:02	7	6:52	22	10:22	153.78	18:05:54	7:03	10	3:19:02	38	5:21:38
VP27 - Gedenkst.	3.32	29:57	9:01	3	2:29	14	5:20	157.10	18:35:51	7:06	10	3:17:30	36	5:24:48
Friedrich-Ludwig	4.60	33:07	7:11	10	3:38	32	8:55	161.70	19:08:58	7:06	10	3:21:04	36	5:29:02