



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GASS, Wolfgang

□□□: 23:11:03

□□: (ohne)

□□: 6.94 km/h

□□: 293

□□□□: 8:36 min/km

□□: 161.70 km

□□□□□/□□□: 209 (of 459)

100MeilenBerlin

□□□□□/□: 120 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 2(of 11)

Senioren M60 (60-64 Jahre)

□□□□□□□: 15:41:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	47:30	6:50	5	13:24	164	16:29	6.94	47:30	6:50	5	13:24	164	16:29	
VP2 - Laufftreff Li	5.69	39:14	6:53	5	10:30	160	15:09	12.63	1:26:44	6:52	5	23:54	160	31:38	
VP3 - Oranienbur	5.74	36:44	6:23	5	9:26	144	12:38	18.37	2:03:28	6:43	5	33:20	152	44:16	
VP4 - Naturschut	4.70	36:01	7:39	5	9:50	167	13:35	23.07	2:39:29	6:54	5	43:10	163	57:51	
VP5 - Frohnau	6.80	45:28	6:41	5	11:00	155	16:33	29.87	3:24:57	6:51	5	54:10	161	1:14:24	
VP6 - Ruderclub	4.06	39:03	9:37	9	17:26	221	20:56	33.93	4:04:00	7:11	6	1:11:36	172	1:35:17	
VP7 - Grenzturm	4.75	32:20	6:48	3	7:03	115	10:37	38.68	4:36:20	7:08	5	1:18:39	166	1:45:54	
VP8 - Schönwald	7.52	50:15	6:40	2	11:00	114	14:25	46.20	5:26:35	7:04	4	1:29:39	158	1:59:55	
VP9 - Falkenseer	5.76	45:01	7:48	3	13:55	131	16:41	51.96	6:11:36	7:09	3	1:43:34	153	2:16:08	
VP10 - Karolinenl	6.54	49:15	7:31	2	12:54	115	17:03	58.50	7:00:51	7:11	3	1:56:28	147	2:33:11	
VP11 - Pagel & Fi	4.90	40:14	8:12	3	12:46	148	17:11	63.40	7:41:05	7:16	3	2:09:14	148	2:50:22	
VP12 - Schloss S	7.62	1:12:31	9:30	5	29:50	170	35:38	71.02	8:53:36	7:30	3	2:39:04	149	3:26:00	
VP13 - Revierförs	6.21	45:39	7:21	2	9:40	77	16:49	77.23	9:39:15	7:30	3	2:48:44	144	3:42:49	
VP14 - Brauhaus	6.00	40:33	6:45	2	7:43	56	12:00	83.23	10:19:48	7:26	2	2:56:27	131	3:54:49	
VP15 - Gedenkst.	6.90	53:28	7:44	2	14:32	120	20:33	90.13	11:13:16	7:28	2	3:10:59	130	4:15:22	
VP16 - Königswe	6.87	1:08:33	9:58	4	25:15	160	33:48	97.00	12:21:49	7:38	2	3:36:14	132	4:49:10	
VP17 - Sportplatz	6.20	1:05:09	10:30	3	24:58	104	31:24	103.20	13:26:58	7:49	2	4:01:12	131	5:20:34	
VP18 - Osdorfer	6.50	57:41	8:52	3	18:40	126	23:14	109.70	14:24:39	7:52	2	4:19:52	129	5:41:31	
VP19 - Lichtenrav	5.70	56:29	9:54	2	17:41	123	22:19	115.40	15:21:08	7:58	2	4:37:33	128	6:02:03	
VP20 - Kirchhain	4.37	33:32	7:40	2	8:57	71	14:42	119.77	15:54:40	7:58	2	4:46:30	124	6:16:45	
VP21 - Buckow	6.43	50:23	7:50	2	11:42	62	16:47	126.20	16:45:03	7:57	2	4:58:12	122	6:33:32	
VP22 - Rudow	4.90	43:06	8:47	3	12:21	73	17:07	131.10	17:28:09	7:59	2	5:10:33	118	6:50:39	
VP23 - Johannistl	5.90	1:00:05	10:11	3	24:04	127	28:30	137.00	18:28:14	8:05	2	5:34:37	114	7:19:09	
VP24 - Dammwe	5.70	1:05:29	11:29	3	29:41	158	34:18	142.70	19:33:43	8:13	2	6:04:18	117	7:52:58	
VP25 - East Side	5.80	55:22	9:32	2	13:07	46	18:25	148.50	20:29:05	8:16	2	6:17:25	110	8:08:52	
VP26 - Checkpoir	5.28	46:41	8:50	4	17:53	154	25:08	153.78	21:15:46	8:17	2	6:35:18	112	8:31:30	
VP27 - Gedenkst.	3.32	48:01	14:27	3	16:47	134	23:24	157.10	22:03:47	8:25	2	6:52:05	114	8:52:44	
Friedrich-Ludwig	4.60	1:07:16	14:37	8	37:09	210	43:04	161.70	23:11:03	8:36	2	7:29:14	120	9:31:07	