



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

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GONSCHOREK, Sebastian

□□□: 20:06:09

□□: Team Meldeläufer

□□: 8.01 km/h

□□: 307

□□□□: 7:27 min/km

□□: 161.70 km

□□□□□/□□□□: 124 (of 459)

100MeilenBerlin

□□□□□/□: 56 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 7(of 31)

Senioren M35 (35-39 Jahre)

□□□□□□□: 14:42:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	41:57	6:02	11	10:06	72	10:56	6.94	41:57	6:02	11	10:06	72	10:56
VP2 - Laufftreff Li	5.69	35:20	6:12	15	9:17	83	11:15	12.63	1:17:17	6:07	13	18:09	79	22:11
VP3 - Oranienbur	5.74	32:46	5:42	11	7:22	62	8:40	18.37	1:50:03	5:59	11	24:56	71	30:51
VP4 - Naturschut	4.70	30:26	6:28	9	7:07	66	8:00	23.07	2:20:29	6:05	10	32:03	71	38:51
VP5 - Frohnau	6.80	42:00	6:10	12	13:02	83	13:05	29.87	3:02:29	6:06	10	45:05	73	51:56
VP6 - Ruderclub	4.06	28:48	7:05	10	10:41	96	10:41	33.93	3:31:17	6:13	9	55:46	71	1:02:34
VP7 - Grenzturm	4.75	30:30	6:25	12	8:01	79	8:47	38.68	4:01:47	6:15	9	1:03:47	72	1:11:21
VP8 - Schönwald	7.52	48:39	6:28	11	12:49	82	12:49	46.20	4:50:26	6:17	10	1:16:36	73	1:23:46
VP9 - Falkenseer	5.76	41:54	7:16	14	13:34	90	13:34	51.96	5:32:20	6:23	11	1:30:10	78	1:36:52
VP10 - Karolinenl	6.54	46:59	7:11	11	14:15	88	14:47	58.50	6:19:19	6:29	10	1:44:22	75	1:51:39
VP11 - Pagel & Fi	4.90	35:29	7:14	11	10:25	86	12:26	63.40	6:54:48	6:32	10	1:54:16	76	2:04:05
VP12 - Schloss S	7.62	1:00:31	7:56	12	20:43	94	23:38	71.02	7:55:19	6:41	11	2:09:17	81	2:27:43
VP13 - Revierförs	6.21	43:23	6:59	6	10:54	57	14:33	77.23	8:38:42	6:42	9	2:20:11	79	2:42:16
VP14 - Brauhaus	6.00	43:17	7:12	10	13:38	90	14:44	83.23	9:21:59	6:45	8	2:32:06	78	2:57:00
VP15 - Gedenkst.	6.90	46:01	6:40	9	10:48	52	13:06	90.13	10:08:00	6:44	8	2:40:44	76	3:10:06
VP16 - Königswe	6.87	1:02:06	9:02	14	21:47	112	27:21	97.00	11:10:06	6:54	9	2:55:57	78	3:37:27
VP17 - Sportplatz	6.20	1:04:27	10:23	13	27:57	99	30:42	103.20	12:14:33	7:07	10	3:22:54	81	4:08:09
VP18 - Osdorfer	6.50	47:31	7:18	6	13:04	45	13:04	109.70	13:02:04	7:07	9	3:32:22	74	4:18:56
VP19 - Lichtenra	5.70	48:25	8:29	8	14:15	57	14:15	115.40	13:50:29	7:11	8	3:37:22	74	4:31:24
VP20 - Kirchhain	4.37	34:16	7:50	11	11:34	80	15:26	119.77	14:24:45	7:13	8	3:47:33	74	4:46:50
VP21 - Buckow	6.43	51:42	8:02	8	16:32	67	18:06	126.20	15:16:27	7:15	8	3:59:28	72	5:04:56
VP22 - Rudow	4.90	40:46	8:19	7	13:47	51	14:47	131.10	15:57:13	7:18	8	4:09:14	70	5:19:43
VP23 - Johannistl	5.90	46:22	7:51	7	14:17	39	14:47	137.00	16:43:35	7:19	7	4:23:31	65	5:34:30
VP24 - Dammwe	5.70	47:07	8:15	7	15:56	44	15:56	142.70	17:30:42	7:21	7	4:39:27	64	5:49:57
VP25 - East Side	5.80	55:01	9:29	6	16:10	45	18:04	148.50	18:25:43	7:26	7	4:55:37	60	6:05:30
VP26 - Checkpoir	5.28	32:44	6:11	7	10:35	32	11:11	153.78	18:58:27	7:24	7	5:06:12	59	6:14:11
VP27 - Gedenkst.	3.32	32:32	9:47	4	7:55	23	7:55	157.10	19:30:59	7:27	7	5:14:07	58	6:19:56
Friedrich-Ludwig	4.60	35:10	7:38	8	9:49	43	10:58	161.70	20:06:09	7:27	7	5:23:56	56	6:26:13