



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

□□□□

KONKEL, Frank

□□□: 25:13:42

□□: (ohne)

□□: 6.38 km/h

□□: 86

□□□□: 9:21 min/km

□□: 161.70 km

□□□□□/□□□: 266 (of 459)

100MeilenBerlin

□□□□□/□: 160 (of 302)

□□□□□□: 13:39:56

□□□□:

□□□□□: 38(of 58)

Senioren M50 (50-54 Jahre)

□□□□□□□: 15:32:56

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Wilhelmsru	6.94	45:30	6:33	28	12:04	140	14:29	6.94	45:30	6:33	28	12:04	140	14:29
VP2 - Lauftreff Li	5.69	36:45	6:27	23	9:04	112	12:40	12.63	1:22:15	6:30	26	21:08	132	27:09
VP3 - Oranienbur	5.74	35:04	6:06	23	7:55	120	10:58	18.37	1:57:19	6:23	24	29:03	128	38:07
VP4 - Naturschut	4.70	32:41	6:57	21	7:19	106	10:15	23.07	2:30:00	6:30	22	36:22	120	48:22
VP5 - Frohnau	6.80	44:52	6:35	30	11:04	141	15:57	29.87	3:14:52	6:31	24	47:26	122	1:04:19
VP6 - Ruderclub	4.06	29:29	7:15	26	8:05	109	11:22	33.93	3:44:21	6:36	24	54:47	119	1:15:38
VP7 - Grenzturm	4.75	33:48	7:06	32	9:40	147	12:05	38.68	4:18:09	6:40	25	1:04:08	118	1:27:43
VP8 - Schönwald	7.52	54:36	7:15	38	15:25	174	18:46	46.20	5:12:45	6:46	29	1:15:43	131	1:46:05
VP9 - Falkenseer	5.76	46:12	8:01	31	14:49	142	17:52	51.96	5:58:57	6:54	31	1:30:20	136	2:03:29
VP10 - Karolinenl	6.54	58:23	8:55	45	23:42	207	26:11	58.50	6:57:20	7:08	32	1:51:40	143	2:29:40
VP11 - Pagel & Fi	4.90	38:04	7:46	24	11:08	121	15:01	63.40	7:35:24	7:10	33	2:00:50	142	2:44:41
VP12 - Schloss S	7.62	1:07:31	8:51	32	26:28	138	30:38	71.02	8:42:55	7:21	31	2:24:30	137	3:15:19
VP13 - Revierförs	6.21	59:24	9:33	47	24:08	214	30:34	77.23	9:42:19	7:32	33	2:48:20	146	3:45:53
VP14 - Brauhaus	6.00	48:40	8:06	33	16:20	143	20:07	83.23	10:30:59	7:34	33	3:00:05	146	4:06:00
VP15 - Gedenkst.	6.90	1:02:32	9:03	42	24:14	189	29:37	90.13	11:33:31	7:41	33	3:23:56	150	4:35:37
VP16 - Königswe	6.87	1:10:08	10:12	39	26:41	168	35:23	97.00	12:43:39	7:52	34	3:49:22	157	5:11:00
VP17 - Sportplatz	6.20	1:10:28	11:21	30	32:37	136	36:43	103.20	13:54:07	8:04	33	4:21:59	151	5:47:43
VP18 - Osdorfer	6.50	56:28	8:41	28	18:35	115	22:01	109.70	14:50:35	8:07	31	4:40:34	148	6:07:27
VP19 - Lichtenra	5.70	1:04:25	11:18	34	25:00	165	30:15	115.40	15:55:00	8:16	32	5:05:34	150	6:35:55
VP20 - Kirchhain	4.37	41:47	9:33	36	17:59	156	22:57	119.77	16:36:47	8:19	33	5:23:33	151	6:58:52
VP21 - Buckow	6.43	1:06:54	10:24	37	30:27	162	33:18	126.20	17:43:41	8:25	31	5:54:00	149	7:32:10
VP22 - Rudow	4.90	1:02:58	12:51	45	32:55	191	36:59	131.10	18:46:39	8:35	33	6:26:55	156	8:09:09
VP23 - Johannistl	5.90	1:02:00	10:30	34	26:38	138	30:25	137.00	19:48:39	8:40	37	6:53:33	160	8:39:34
VP24 - Dammwe	5.70	1:00:31	10:37	29	25:33	131	29:20	142.70	20:49:10	8:45	37	7:19:06	156	9:08:25
VP25 - East Side	5.80	1:12:51	12:33	34	33:13	148	35:54	148.50	22:02:01	8:54	37	7:52:19	156	9:41:48
VP26 - Checkpoir	5.28	42:22	8:01	25	17:30	112	20:49	153.78	22:44:23	8:52	38	8:09:49	157	10:00:07
VP27 - Gedenkst.	3.32	1:25:36	25:46	48	59:06	218	1:00:59	157.10	24:09:59	9:13	38	9:08:55	159	10:58:56
Friedrich-Ludwig	4.60	1:03:43	13:51	46	35:58	205	39:31	161.70	25:13:42	9:21	38	9:40:46	160	11:33:46