



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Gonschorek, Sebastian

□□□: 19:24:18

□□: LG Ultralauf

□□: 8.30 km/h

□□: 106

□□□□: 7:11 min/km

□□: 161.90 km

□□□□□/□□□: 40 (of 397)

100MeilenBerlin

□□□□□/□: 34 (of 313)

□□□□□□: 13:17:41

□□□□:

□□□□□: 3(of 29)

Senioren M35 (35-39 Jahre)

□□□□□□□: 17:26:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Checkpoint	8.60	55:07	6:24	9	6:59	81	10:59	8.60	55:07	6:24	9	6:59	81	10:59	
VP2 - East Side G	4.80	28:36	5:57	10	3:57	98	7:33	13.40	1:23:43	6:14	8	10:56	78	18:29	
VP3 - Dammweg	5.80	38:33	6:38	12	5:28	105	9:21	19.20	2:02:16	6:22	10	16:20	91	27:25	
VP4 - Johannisth	5.70	34:23	6:01	8	3:58	66	9:51	24.90	2:36:39	6:17	8	20:18	81	36:57	
VP5 - Imbiß "Am	9.50	59:58	6:18	8	7:27	75	18:26	34.40	3:36:37	6:17	8	27:39	75	55:20	
VP6 - Buckow	4.50	30:34	6:47	8	4:42	76	9:58	38.90	4:07:11	6:21	8	32:21	75	1:05:18	
□□□	7.60	48:13	6:20	7	4:10	62	14:11	46.50	4:55:24	6:21	8	36:24	68	1:19:29	
VP8 - Osdorfer St	6.30	42:31	6:44	12	5:18	87	15:05	52.80	5:37:55	6:23	8	41:28	69	1:34:34	
VP9 - Sportplatz	6.50	51:38	7:56	13	30:02	107	30:11	59.30	6:29:33	6:34	7	47:49	65	1:54:42	
VP10 - Königswe	6.20	41:22	6:40	4	4:01	47	11:57	65.50	7:10:55	6:34	7	46:31	63	2:06:39	
VP11 - Gedenkst	6.80	46:54	6:53	7	5:50	48	22:35	72.30	7:57:49	6:36	7	47:16	61	2:19:27	
VP12 - Brauhaus	6.90	49:23	7:09	9	7:31	58	16:16	79.20	8:47:12	6:39	8	50:37	61	2:35:43	
VP13 - Revierförs	5.70	41:06	7:12	6	3:47	41	11:03	84.90	9:28:18	6:41	7	53:55	59	2:46:46	
VP14 - Schloss S	6.30	1:02:00	9:50	16	22:48	140	30:33	91.20	10:30:18	6:54	8	1:16:43	62	3:17:19	
VP15 - Pagel & Fi	7.60	48:33	6:23	1	-	18	10:51	98.80	11:18:51	6:52	6	1:13:51	58	3:28:10	
VP16 - Karolinenl	4.90	37:54	7:44	4	1:37	36	12:19	103.70	11:56:45	6:54	4	1:15:28	55	3:40:29	
VP17 - Falkensee	6.50	47:21	7:17	5	2:36	37	14:50	110.20	12:44:06	6:56	4	1:18:04	51	3:55:19	
VP18 - Schönwal	5.80	44:02	7:35	5	4:43	45	14:57	116.00	13:28:08	6:58	4	1:20:39	50	4:10:16	
VP19 - Grenzturn	7.30	57:59	7:56	4	11:25	40	29:53	123.30	14:26:07	7:01	4	1:32:04	45	4:29:28	
VP20 - Rudercluk	4.80	38:55	8:06	5	8:05	44	14:35	128.10	15:05:02	7:03	4	1:40:09	45	4:44:03	
VP21 - Frohnau	4.10	41:42	10:10	7	14:11	82	19:03	132.20	15:46:44	7:09	4	1:54:20	44	5:03:06	
VP22 - Naturschu	6.40	47:12	7:22	5	5:20	24	14:00	138.60	16:33:56	7:10	4	1:59:40	44	5:17:06	
VP23 - Oranienbu	4.50	36:33	8:07	5	3:48	34	11:36	143.10	17:10:29	7:12	4	2:03:19	43	5:28:42	
VP24 - Lauftreff l	5.30	43:01	8:06	4	5:56	33	14:47	148.40	17:53:30	7:14	4	2:09:15	41	5:43:29	
VP25 - Wilhelmsr	5.70	41:56	7:21	3	3:48	15	11:55	154.10	18:35:26	7:14	4	2:11:06	37	5:55:24	
VP26 - Wollankst	3.10	22:46	7:20	2	2:39	14	5:39	157.20	18:58:12	7:14	4	1:55:44	36	6:01:03	
Friedrich-Ludwig	4.20	26:06	6:12	4	2:38	21	6:20	161.90	19:24:18	7:11	3	1:57:44	35	6:06:37	