



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detalizēti rezultāti

**Hofmann, Friedhelm**

Klubs: DLR Simmern

Numurs: 168

Posms: 160.90 km

100MeilenBerlin

Grupa:

Senioren M45 (45-49 Jahre)

Kopējais laiks: 26:43:45

Ātrums: 6.02 km/h

Skrējiena izpildījums: 9:58 min/km

Vieta distancē/Kopā: 134 (no 221)

Vieta distancē/Vīrieši: 120 (no 193)

Distances labākais laiks: 15:53:45

Vieta grupā: 17 (no 35)

Grupas labākais laiks: 17:53:12

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

| Kontrolpunkts    | Posma rezultāts |             |              | Vietāztrūkums:Vietāztrūkums |         |         |         | Kopā    |            |             | Vietāztrūkums:Vietāztrūkums |         |         |          |
|------------------|-----------------|-------------|--------------|-----------------------------|---------|---------|---------|---------|------------|-------------|-----------------------------|---------|---------|----------|
|                  | Posma km        | Posma Laiks | Posma min/km | grupā                       | grupā   | Vīrieši | Vīrieši | Kopā km | Kopā Laiks | Kopā min/km | grupā                       | grupā   | Vīrieši | Vīrieši  |
| km 6,28 Gedenk:  | 6.28            | 44:12       | 7:02         | 25                          | 7:59    | 128     | 10:52   | 6.28    | 44:12      | 7:02        | 25                          | 7:59    | 128     | 10:52    |
| km 11,32 Behms   | 5.04            | 34:37       | 6:52         | 26                          | 7:31    | 138     | 9:55    | 11.32   | 1:18:49    | 6:57        | 26                          | 12:46   | 130     | 20:47    |
| km 22,10 Lübars  | 10.78           | 1:18:11     | 7:15         | 29                          | 21:28   | 159     | 27:15   | 22.10   | 2:37:00    | 7:06        | 26                          | 31:07   | 152     | 43:49    |
| km 32,52 Naturs  | 10.42           | 1:19:56     | 7:40         | 25                          | 23:39   | 138     | 28:10   | 32.52   | 3:56:56    | 7:17        | 26                          | 54:46   | 145     | 1:07:26  |
| km 43,36 Ruderc  | 10.84           | 1:29:48     | 8:17         | 25                          | 30:02   | 143     | 37:00   | 43.36   | 5:26:44    | 7:32        | 25                          | 1:23:10 | 145     | 1:42:33  |
| km 55,35 Schönv  | 11.99           | 1:33:53     | 7:49         | 23                          | 28:14   | 116     | 33:36   | 55.35   | 7:00:37    | 7:35        | 25                          | 1:50:04 | 142     | 2:16:09  |
| km 68,07 Garten  | 12.72           | 1:54:45     | 9:01         | 24                          | 39:19   | 125     | 41:48   | 68.07   | 8:55:22    | 7:51        | 24                          | 2:28:49 | 136     | 2:57:13  |
| km 80,53 Schloß  | 12.46           | 2:10:49     | 10:29        | 26                          | 53:47   | 142     | 59:46   | 80.53   | 11:06:11   | 8:16        | 23                          | 3:22:36 | 138     | 3:49:03  |
| km 99,65 Geden   | 19.12           | 2:56:07     | 9:12         | 20                          | 1:03:04 | 109     | 1:11:24 | 99.65   | 14:02:18   | 8:27        | 22                          | 4:06:29 | 128     | 4:47:16  |
| km 112,75 Sport  | 13.10           | 2:23:32     | 10:57        | 17                          | 55:53   | 111     | 2:16:40 | 112.75  | 16:25:50   | 8:44        | 20                          | 4:35:25 | 121     | 5:49:21  |
| km 124,92 Lichte | 12.17           | 2:39:48     | 13:07        | 27                          | 1:04:20 | 149     | 1:21:02 | 124.92  | 19:05:38   | 9:10        | 19                          | 5:26:13 | 123     | 7:08:48  |
| km 134,98 Buck   | 10.06           | 2:13:39     | 13:17        | 26                          | 1:02:08 | 148     | 1:16:10 | 134.98  | 21:19:17   | 9:28        | 19                          | 6:28:21 | 127     | 8:18:34  |
| Test             | 9.89            | 2:14:22     | 13:35        | 21                          | 1:05:28 | 130     | 1:11:35 | 144.87  | 23:33:39   | 9:45        | 17                          | 7:33:49 | 121     | 9:29:46  |
| Stadion Lobeckst | 16.01           | 3:10:06     | 11:52        | 18                          | 1:16:44 | 120     | 1:20:14 | 160.90  | 26:43:45   | 9:58        | 17                          | 8:50:33 | 120     | 10:50:00 |