



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Exploitation détaillée

Mose, Lars

Association: DUUL/ Horsensrun

Dossard: 186

Circuit: 160.90 km

100MeilenBerlin

Catégorie:

Senioren M45 (45-49 Jahre)

Temps total: 22:31:30

Vitesse: 7.10 km/h

Kilométrage: 8:24 min/km

Place par parcours/Total: 75 (de 246)

Place par parcours/Hommes: 70 (de 211)

Meilleur temps dans le parcours: 13:06:52

Place par catégorie: 14(de 43)

Meilleur temps dans la catégorie: 16:18:36

Temps intermédiaires

Résultats d'étape

Résultat total

| Poste | Etape | | | Résultats d'étape | | | | Résultat total | | | | | | |
|-------------------|----------|-------------|--------------|-------------------|--------------|------------|-------------|----------------|-------------|--------------|-------------|--------------|------------|-------------|
| | Etape km | Etape Temps | Etape min/km | Place catg. | Retard catg. | Place Homm | Retard Homm | Total km | Total Temps | Total min/km | Place catg. | Retard catg. | Place Homm | Retard Homm |
| VP1 - Mahnmal P | 9.02 | 58:18 | 6:27 | 14 | 15:57 | 62 | 17:22 | 9.02 | 58:18 | 6:27 | 14 | 15:57 | 62 | 17:22 |
| VP2 - Schlesische | 5.98 | 37:22 | 6:14 | 21 | 9:54 | 88 | 11:16 | 15.00 | 1:35:40 | 6:22 | 17 | 25:51 | 71 | 28:38 |
| VP3 - Sonnenalle | 6.00 | 36:53 | 6:08 | 17 | 8:40 | 76 | 11:15 | 21.00 | 2:12:33 | 6:18 | 15 | 34:31 | 69 | 39:53 |
| VP4 - Stubenrauc | 5.73 | 35:20 | 6:09 | 16 | 8:41 | 71 | 10:05 | 26.73 | 2:47:53 | 6:16 | 16 | 43:12 | 71 | 49:58 |
| VP5 - U-Bahnhof | 4.30 | 30:23 | 7:03 | 15 | 8:40 | 73 | 9:16 | 31.03 | 3:18:16 | 6:23 | 16 | 51:52 | 74 | 58:08 |
| VP6 - Buckower I | 5.40 | 35:06 | 6:30 | 9 | 7:22 | 53 | 9:43 | 36.43 | 3:53:22 | 6:24 | 16 | 59:14 | 70 | 1:07:50 |
| VP7 - Kirchhainer | 5.54 | 37:48 | 6:49 | 13 | 7:57 | 69 | 11:37 | 41.97 | 4:31:10 | 6:27 | 17 | 1:07:11 | 71 | 1:18:50 |
| VP8 - Lichtenrad | 4.42 | 29:19 | 6:37 | 12 | 5:26 | 58 | 9:06 | 46.39 | 5:00:29 | 6:28 | 13 | 1:12:24 | 64 | 1:27:56 |
| VP9 - Osdorfer St | 5.77 | 41:36 | 7:12 | 20 | 10:37 | 92 | 15:24 | 52.16 | 5:42:05 | 6:33 | 16 | 1:18:42 | 71 | 1:42:42 |
| VP10 - Sportplatz | 6.41 | 48:56 | 7:38 | 16 | 15:00 | 69 | 20:08 | 58.57 | 6:31:01 | 6:40 | 14 | 1:33:42 | 67 | 2:01:16 |
| VP11 - Königsw | 6.18 | 47:50 | 7:44 | 20 | 13:17 | 94 | 18:57 | 64.75 | 7:18:51 | 6:46 | 15 | 1:39:52 | 68 | 2:19:22 |
| VP12 - Gedenkst | 6.18 | 49:59 | 8:05 | 13 | 12:00 | 62 | 18:32 | 70.93 | 8:08:50 | 6:53 | 14 | 1:51:52 | 64 | 2:37:13 |
| VP13 - Brauhaus | 6.84 | 48:54 | 7:08 | 10 | 22:57 | 50 | 25:17 | 77.77 | 8:57:44 | 6:54 | 14 | 1:58:05 | 63 | 2:53:44 |
| VP14 - Revierförs | 6.06 | 52:19 | 8:37 | 26 | 14:54 | 108 | 22:55 | 83.83 | 9:50:03 | 7:02 | 15 | 2:11:06 | 68 | 3:16:39 |
| VP15 - Schloß Sa | 6.20 | 1:03:43 | 10:16 | 21 | 25:02 | 96 | 33:56 | 90.03 | 10:53:46 | 7:15 | 16 | 2:33:16 | 69 | 3:50:35 |
| VP16 - Pagel & Fi | 7.63 | 1:01:13 | 8:01 | 10 | 14:07 | 61 | 24:49 | 97.66 | 11:54:59 | 7:19 | 16 | 2:47:23 | 68 | 4:14:57 |
| VP17 - Wilhelmst | 4.84 | 41:25 | 8:33 | 20 | 10:23 | 89 | 16:18 | 102.50 | 12:36:24 | 7:22 | 16 | 2:56:10 | 69 | 4:31:15 |
| VP18 - Falkensee | 6.58 | 53:04 | 8:03 | 10 | 19:36 | 56 | 19:36 | 109.08 | 13:29:28 | 7:25 | 15 | 3:08:17 | 66 | 4:50:08 |
| VP19 - Schönwal | 5.70 | 53:36 | 9:24 | 16 | 16:58 | 86 | 24:47 | 114.78 | 14:23:04 | 7:31 | 15 | 3:23:02 | 66 | 5:14:55 |
| VP20 - Grenzturn | 7.53 | 1:11:52 | 9:32 | 18 | 37:16 | 86 | 37:16 | 122.31 | 15:34:56 | 7:38 | 13 | 3:44:26 | 64 | 5:48:01 |
| VP21 - Ruderclub | 4.78 | 54:17 | 11:21 | 16 | 21:22 | 88 | 30:56 | 127.09 | 16:29:13 | 7:47 | 14 | 4:05:48 | 64 | 6:18:57 |
| VP22 - Frohnau (| 4.03 | 37:07 | 9:12 | 11 | 10:36 | 55 | 15:35 | 131.12 | 17:06:20 | 7:49 | 13 | 4:16:24 | 63 | 6:34:32 |
| VP23 - Naturschu | 6.78 | 1:10:06 | 10:20 | 21 | 26:00 | 99 | 36:20 | 137.90 | 18:16:26 | 7:57 | 11 | 4:42:24 | 61 | 7:10:52 |
| VP24 - Oranienbu | 4.75 | 53:03 | 11:10 | 24 | 19:48 | 114 | 27:11 | 142.65 | 19:09:29 | 8:03 | 11 | 5:01:30 | 61 | 7:37:29 |
| VP25 - Lübars | 5.69 | 1:03:37 | 11:10 | 23 | 25:56 | 122 | 34:17 | 148.34 | 20:13:06 | 8:10 | 12 | 5:27:26 | 65 | 8:11:46 |
| VP26 - S-Bahnh | 5.71 | 1:07:02 | 11:44 | 28 | 27:28 | 141 | 37:21 | 154.05 | 21:20:08 | 8:18 | 14 | 5:52:10 | 68 | 8:49:07 |
| VP27 - Wollankst | 3.09 | 25:50 | 8:21 | 23 | 9:04 | 112 | 13:29 | 157.14 | 21:45:58 | 8:18 | 14 | 5:59:06 | 68 | 9:01:12 |
| Friedrich-Ludwig | 3.76 | 45:32 | 12:06 | 29 | 20:34 | 138 | 24:55 | 160.90 | 22:31:30 | 8:23 | 14 | 6:12:54 | 70 | 9:24:38 |