



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## Exploitation détaillée

**Würbs, Kai**

Association: Hamburg

Dossard: 277

Circuit: 160.90 km

100MeilenBerlin

Catégorie:

Senioren M40 (40-44 Jahre)

Temps total: 23:47:17

Vitesse: 6.73 km/h

Kilométrage: 8:52 min/km

Place par parcours/Total: 128 (de 246)

Place par parcours/Hommes: 118 (de 211)

Meilleur temps dans le parcours: 13:06:52

Place par catégorie: 23(de 36)

Meilleur temps dans la catégorie: 15:19:46

### Temps intermédiaires

### Résultats d'étape

### Résultat total

| Poste              | Etape |         | Place | Retard | Etape  |       | Place | Retard | Total      |            | Place | Retard  | Total |          |
|--------------------|-------|---------|-------|--------|--------|-------|-------|--------|------------|------------|-------|---------|-------|----------|
|                    | km    | Temps   |       |        | min/km | catg. |       |        | catg.Homme | catg.Homme |       |         | km    | Temps    |
| VP1 - Mahndamm     | 9.02  | 1:02:49 | 6:57  | 27     | 17:03  | 120   | 21:53 | 9.02   | 1:02:49    | 6:57       | 27    | 17:03   | 120   | 21:53    |
| VP2 - Schlesiische | 5.98  | 42:24   | 7:05  | 31     | 14:00  | 163   | 16:18 | 15.00  | 1:45:13    | 7:00       | 29    | 31:03   | 141   | 38:11    |
| VP3 - Sonnenalle   | 6.00  | 39:10   | 6:31  | 27     | 10:03  | 105   | 13:32 | 21.00  | 2:24:23    | 6:52       | 29    | 41:06   | 128   | 51:43    |
| VP4 - Stubenrauch  | 5.73  | 39:29   | 6:53  | 28     | 10:53  | 141   | 14:14 | 26.73  | 3:03:52    | 6:52       | 28    | 51:37   | 128   | 1:05:57  |
| VP5 - U-Bahnhof    | 4.30  | 33:38   | 7:49  | 27     | 9:11   | 126   | 12:31 | 31.03  | 3:37:30    | 7:00       | 28    | 58:35   | 127   | 1:17:22  |
| VP6 - Buckower I   | 5.40  | 38:27   | 7:07  | 23     | 8:42   | 101   | 13:04 | 36.43  | 4:15:57    | 7:01       | 28    | 1:03:07 | 122   | 1:30:25  |
| VP7 - Kirchhainer  | 5.54  | 37:11   | 6:42  | 16     | 6:06   | 64    | 11:00 | 41.97  | 4:53:08    | 6:59       | 26    | 1:08:42 | 109   | 1:40:48  |
| VP8 - Lichtenrade  | 4.42  | 32:11   | 7:16  | 23     | 8:28   | 105   | 11:58 | 46.39  | 5:25:19    | 7:00       | 26    | 1:15:06 | 108   | 1:52:46  |
| VP9 - Osdorfer St  | 5.77  | 39:17   | 6:48  | 16     | 8:22   | 62    | 13:05 | 52.16  | 6:04:36    | 6:59       | 26    | 1:22:42 | 105   | 2:05:13  |
| VP10 - Sportplatz  | 6.41  | 1:01:46 | 9:38  | 29     | 25:49  | 153   | 32:58 | 58.57  | 7:06:22    | 7:16       | 25    | 1:48:31 | 108   | 2:36:37  |
| VP11 - Königsweg   | 6.18  | 43:57   | 7:06  | 13     | 10:15  | 50    | 15:04 | 64.75  | 7:50:19    | 7:15       | 25    | 1:53:38 | 102   | 2:50:50  |
| VP12 - Gedenkst    | 6.18  | 53:03   | 8:35  | 19     | 18:47  | 84    | 21:36 | 70.93  | 8:43:22    | 7:22       | 24    | 2:11:06 | 101   | 3:11:45  |
| VP13 - Brauhaus    | 6.84  | 1:00:52 | 8:53  | 23     | 20:44  | 127   | 37:15 | 77.77  | 9:44:14    | 7:30       | 23    | 2:28:49 | 107   | 3:40:14  |
| VP14 - Revierförs  | 6.06  | 46:43   | 7:42  | 10     | 13:13  | 51    | 17:19 | 83.83  | 10:30:57   | 7:31       | 23    | 2:42:02 | 101   | 3:57:33  |
| VP15 - Schloß Sa   | 6.20  | 1:21:57 | 13:13 | 30     | 46:29  | 170   | 52:10 | 90.03  | 11:52:54   | 7:55       | 23    | 3:28:31 | 112   | 4:49:43  |
| VP16 - Pagel & Fi  | 7.63  | 1:06:48 | 8:45  | 19     | 24:27  | 97    | 30:24 | 97.66  | 12:59:42   | 7:59       | 23    | 3:52:58 | 110   | 5:19:40  |
| VP17 - Wilhelmst   | 4.84  | 51:25   | 10:37 | 29     | 22:41  | 165   | 26:18 | 102.50 | 13:51:07   | 8:06       | 24    | 4:15:39 | 121   | 5:45:58  |
| VP18 - Falkensee   | 6.58  | 56:05   | 8:31  | 14     | 19:33  | 78    | 22:37 | 109.08 | 14:47:12   | 8:08       | 23    | 4:35:12 | 112   | 6:07:52  |
| VP19 - Schönwal    | 5.70  | 51:12   | 8:58  | 16     | 17:14  | 62    | 22:23 | 114.78 | 15:38:24   | 8:10       | 22    | 4:52:26 | 108   | 6:30:15  |
| VP20 - Grenzturn   | 7.53  | 1:08:10 | 9:03  | 15     | 25:10  | 69    | 33:34 | 122.31 | 16:46:34   | 8:13       | 22    | 5:17:36 | 103   | 6:59:39  |
| VP21 - Ruderclub   | 4.78  | 51:26   | 10:45 | 16     | 21:21  | 69    | 28:05 | 127.09 | 17:38:00   | 8:19       | 21    | 5:38:49 | 94    | 7:27:44  |
| VP22 - Frohnau (   | 4.03  | 42:08   | 10:27 | 22     | 18:04  | 116   | 20:36 | 131.12 | 18:20:08   | 8:23       | 21    | 5:56:15 | 95    | 7:48:20  |
| VP23 - Naturschu   | 6.78  | 1:11:28 | 10:32 | 21     | 30:51  | 103   | 37:42 | 137.90 | 19:31:36   | 8:29       | 21    | 6:25:48 | 96    | 8:26:02  |
| VP24 - Oranienbu   | 4.75  | 48:25   | 10:11 | 17     | 19:22  | 79    | 22:33 | 142.65 | 20:20:01   | 8:33       | 21    | 6:45:10 | 96    | 8:48:01  |
| VP25 - Lübars      | 5.69  | 1:01:00 | 10:43 | 20     | 28:07  | 113   | 31:40 | 148.34 | 21:21:01   | 8:38       | 21    | 7:13:17 | 100   | 9:19:41  |
| VP26 - S-Bahnhö    | 5.71  | 1:09:33 | 12:10 | 27     | 35:40  | 154   | 39:52 | 154.05 | 22:30:34   | 8:46       | 22    | 7:48:57 | 112   | 9:59:33  |
| VP27 - Wollankst   | 3.09  | 29:35   | 9:34  | 31     | 17:14  | 164   | 17:14 | 157.14 | 23:00:09   | 8:46       | 23    | 8:04:09 | 115   | 10:15:23 |
| Friedrich-Ludwig   | 3.76  | 47:08   | 12:32 | 27     | 23:22  | 149   | 26:31 | 160.90 | 23:47:17   | 8:52       | 23    | 8:27:31 | 118   | 10:40:25 |