



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Exploitation détaillée

Meinolf, Wolfgang

Association: RSV Hallertau e.V.
Dossard: 168

Circuit: 161.85 km
100MeilenBerlin

Catégorie:
Senioren M55 (55-59 Jahre)

Temps total: 23:23:34

Vitesse: 6.88 km/h
Kilométrage: 8:40 min/km

Place par parcours/Total: 82 (de 296)
Place par parcours/Hommes: 75 (de 247)
Meilleur temps dans le parcours: 13:40:11
Place par catégorie: 7(de 32)
Meilleur temps dans la catégorie: 16:59:31

| Poste | Temps intermédiaires | | | 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 - S-Bahnhof | 6.93 | 47:24 | 6:50 | 19 | 12:11 | 178 | 15:08 | 6.93 | 47:24 | 6:50 | 19 | 12:11 | 178 | 15:08 |
| VP2 - Laufftreff Li | 5.70 | 38:57 | 6:50 | 18 | 8:46 | 157 | 13:01 | 12.63 | 1:26:21 | 6:50 | 18 | 20:57 | 167 | 28:09 |
| VP3 - Oranienbur | 5.47 | 39:17 | 7:10 | 21 | 10:36 | 182 | 15:31 | 18.10 | 2:05:38 | 6:56 | 18 | 31:33 | 170 | 43:39 |
| VP4 - Naturschut | 4.97 | 36:48 | 7:24 | 15 | 8:24 | 141 | 13:39 | 23.07 | 2:42:26 | 7:02 | 17 | 39:57 | 166 | 57:18 |
| VP5 - Frohnau | 6.80 | 49:43 | 7:18 | 15 | 13:16 | 170 | 19:25 | 29.87 | 3:32:09 | 7:06 | 15 | 53:13 | 165 | 1:16:37 |
| VP6 - Ruderclub | 4.06 | 43:09 | 10:37 | 24 | 19:47 | 214 | 24:40 | 33.93 | 4:15:18 | 7:31 | 18 | 1:13:00 | 180 | 1:41:17 |
| VP7 - Grenzturm | 4.75 | 33:12 | 6:59 | 11 | 6:43 | 100 | 12:24 | 38.68 | 4:48:30 | 7:27 | 17 | 1:19:43 | 166 | 1:53:41 |
| VP8 - Schönwald | 7.53 | 57:12 | 7:35 | 10 | 14:30 | 119 | 21:36 | 46.21 | 5:45:42 | 7:28 | 14 | 1:34:13 | 155 | 2:15:17 |
| VP9 - Falkenseer | 5.69 | 48:52 | 8:35 | 13 | 15:08 | 144 | 21:44 | 51.90 | 6:34:34 | 7:36 | 15 | 1:49:21 | 159 | 2:37:01 |
| VP10 - Karolinenl | 6.60 | 1:03:13 | 9:34 | 18 | 24:59 | 175 | 33:04 | 58.50 | 7:37:47 | 7:49 | 14 | 2:14:20 | 158 | 3:10:05 |
| VP11 - Pagel & Fi | 4.90 | 46:42 | 9:31 | 15 | 14:16 | 125 | 23:57 | 63.40 | 8:24:29 | 7:57 | 14 | 2:28:18 | 148 | 3:34:02 |
| VP12 - Schloss S | 7.62 | 1:06:04 | 8:40 | 10 | 20:19 | 75 | 30:17 | 71.02 | 9:30:33 | 8:02 | 12 | 2:48:37 | 135 | 4:04:19 |
| VP13 - Revierförs | 6.21 | 52:15 | 8:24 | 10 | 10:45 | 94 | 22:35 | 77.23 | 10:22:48 | 8:03 | 12 | 2:59:22 | 131 | 4:26:54 |
| VP14 - Brauhaus | 6.00 | 51:17 | 8:32 | 10 | 12:05 | 86 | 21:45 | 83.23 | 11:14:05 | 8:05 | 12 | 3:11:27 | 124 | 4:48:39 |
| VP15 - Gedenkst. | 6.90 | 58:34 | 8:29 | 9 | 15:24 | 87 | 23:51 | 90.13 | 12:12:39 | 8:07 | 10 | 3:26:42 | 119 | 5:12:30 |
| VP16 - Königswe | 6.87 | 1:03:37 | 9:15 | 11 | 18:40 | 100 | 29:53 | 97.00 | 13:16:16 | 8:12 | 10 | 3:41:09 | 118 | 5:42:23 |
| VP17 - Sportplatz | 6.20 | 1:38:11 | 15:50 | 25 | 55:18 | 194 | 1:06:34 | 103.20 | 14:54:27 | 8:40 | 11 | 4:34:40 | 128 | 6:48:57 |
| VP18 - Osdorfer | 6.49 | 55:51 | 8:36 | 7 | 15:52 | 63 | 21:54 | 109.69 | 15:50:18 | 8:39 | 11 | 4:50:32 | 123 | 7:10:51 |
| VP19 - Lichtenra | 5.71 | 43:15 | 7:34 | 4 | 6:36 | 32 | 13:56 | 115.40 | 16:33:33 | 8:36 | 11 | 4:57:08 | 117 | 7:24:47 |
| VP20 - Kirchhain | 4.35 | 40:21 | 9:16 | 6 | 12:13 | 49 | 16:03 | 119.75 | 17:13:54 | 8:38 | 10 | 5:09:21 | 114 | 7:40:50 |
| VP21 - Buckow | 6.15 | 47:28 | 7:43 | 3 | 6:29 | 23 | 12:28 | 125.90 | 18:01:22 | 8:35 | 10 | 5:15:50 | 99 | 7:53:18 |
| VP22 - Rudow | 4.97 | 45:32 | 9:09 | 3 | 13:05 | 39 | 24:09 | 130.87 | 18:46:54 | 8:36 | 10 | 5:28:55 | 93 | 8:10:11 |
| VP23 - Johannistl | 5.89 | 54:13 | 9:12 | 5 | 16:23 | 49 | 20:32 | 136.76 | 19:41:07 | 8:38 | 10 | 5:45:18 | 90 | 8:30:43 |
| VP24 - Dammwe | 5.64 | 49:01 | 8:41 | 3 | 13:00 | 35 | 17:20 | 142.40 | 20:30:08 | 8:38 | 8 | 5:58:18 | 86 | 8:47:42 |
| VP25 - Eas Side | 6.33 | 55:40 | 8:47 | 3 | 10:04 | 27 | 18:20 | 148.73 | 21:25:48 | 8:38 | 7 | 6:08:00 | 80 | 9:03:18 |
| VP26 - Checkpoir | 4.22 | 39:04 | 9:15 | 2 | 11:45 | 52 | 16:11 | 152.95 | 22:04:52 | 8:39 | 7 | 6:06:32 | 79 | 9:18:18 |
| VP27 - Gedenkst. | 4.12 | 40:02 | 9:43 | 5 | 8:07 | 47 | 15:19 | 157.07 | 22:44:54 | 8:41 | 7 | 6:14:39 | 76 | 9:31:56 |
| Friedrich-Ludwig | 4.78 | 38:40 | 8:05 | 3 | 11:07 | 46 | 14:17 | 161.85 | 23:23:34 | 8:40 | 7 | 6:24:03 | 75 | 9:43:23 |