



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

## Exploitation détaillée

Fietkau, Mark

Association: LG Mauerweg

Dossard: 50

Circuit: 161.85 km

100MeilenBerlin

Catégorie:

Senioren M50 (50-54 Jahre)

Temps total: 25:32:14

Vitesse: 6.30 km/h

Kilométrage: 9:28 min/km

Place par parcours/Total: 123 (de 296)

Place par parcours/Hommes: 109 (de 247)

Meilleur temps dans le parcours: 13:40:11

Place par catégorie: 22(de 51)

Meilleur temps dans la catégorie: 18:03:51

### Temps intermédiaires

### Résultats d'étape

### Résultat total

| Poste               | Etape    |             |              | Place       |              |            |             | Total    |             |              | Place       |              |            |             |
|---------------------|----------|-------------|--------------|-------------|--------------|------------|-------------|----------|-------------|--------------|-------------|--------------|------------|-------------|
|                     | 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     | 45:22       | 6:32         | 25          | 12:04        | 131        | 13:06       | 6.93     | 45:22       | 6:32         | 25          | 12:04        | 131        | 13:06       |
| VP2 - Laufftreff Li | 5.70     | 37:34       | 6:35         | 26          | 9:55         | 130        | 11:38       | 12.63    | 1:22:56     | 6:33         | 27          | 21:59        | 132        | 24:44       |
| VP3 - Oranienbur    | 5.47     | 37:36       | 6:52         | 33          | 11:24        | 157        | 13:50       | 18.10    | 2:00:32     | 6:39         | 29          | 33:16        | 138        | 38:33       |
| VP4 - Naturschut    | 4.97     | 35:40       | 7:10         | 23          | 10:49        | 108        | 12:31       | 23.07    | 2:36:12     | 6:46         | 28          | 44:05        | 133        | 51:04       |
| VP5 - Frohnau       | 6.80     | 47:39       | 7:00         | 29          | 14:55        | 147        | 17:21       | 29.87    | 3:23:51     | 6:49         | 27          | 59:00        | 136        | 1:08:19     |
| VP6 - Ruderclub     | 4.06     | 31:16       | 7:42         | 24          | 9:47         | 107        | 12:47       | 33.93    | 3:55:07     | 6:55         | 26          | 1:08:47      | 124        | 1:21:06     |
| VP7 - Grenzturm     | 4.75     | 35:39       | 7:30         | 33          | 10:16        | 150        | 14:51       | 38.68    | 4:30:46     | 7:00         | 29          | 1:19:03      | 134        | 1:35:57     |
| VP8 - Schönwald     | 7.53     | 1:08:21     | 9:04         | 43          | 25:54        | 197        | 32:45       | 46.21    | 5:39:07     | 7:20         | 31          | 1:44:57      | 146        | 2:08:42     |
| VP9 - Falkenseer    | 5.69     | 1:00:20     | 10:36        | 49          | 26:30        | 217        | 33:12       | 51.90    | 6:39:27     | 7:41         | 37          | 2:11:27      | 164        | 2:41:54     |
| VP10 - Karolinenl   | 6.60     | 1:04:29     | 9:46         | 39          | 24:17        | 184        | 34:20       | 58.50    | 7:43:56     | 7:55         | 35          | 2:35:27      | 163        | 3:16:14     |
| VP11 - Pagel & Fi   | 4.90     | 44:22       | 9:03         | 22          | 14:15        | 107        | 21:37       | 63.40    | 8:28:18     | 8:01         | 29          | 2:47:58      | 151        | 3:37:51     |
| VP12 - Schloss S    | 7.62     | 1:28:24     | 11:36        | 38          | 40:11        | 183        | 52:37       | 71.02    | 9:56:42     | 8:24         | 30          | 3:28:09      | 157        | 4:30:28     |
| VP13 - Revierförs   | 6.21     | 1:01:19     | 9:52         | 37          | 20:30        | 176        | 31:39       | 77.23    | 10:58:01    | 8:31         | 31          | 3:48:29      | 163        | 5:02:07     |
| VP14 - Brauhaus     | 6.00     | 55:57       | 9:19         | 29          | 13:46        | 136        | 26:25       | 83.23    | 11:53:58    | 8:34         | 29          | 4:01:50      | 160        | 5:28:32     |
| VP15 - Gedenkst.    | 6.90     | 55:16       | 8:00         | 15          | 10:08        | 58         | 20:33       | 90.13    | 12:49:14    | 8:32         | 29          | 4:07:19      | 147        | 5:49:05     |
| VP16 - Königswe     | 6.87     | 1:08:39     | 9:59         | 29          | 19:57        | 141        | 34:55       | 97.00    | 13:57:53    | 8:38         | 29          | 4:27:16      | 147        | 6:24:00     |
| VP17 - Sportplatz   | 6.20     | 55:02       | 8:52         | 8           | 10:13        | 41         | 23:25       | 103.20   | 14:52:55    | 8:39         | 27          | 4:36:44      | 126        | 6:47:25     |
| VP18 - Osdorfer     | 6.49     | 1:43:18     | 15:55        | 42          | 56:57        | 199        | 1:09:21     | 109.69   | 16:36:13    | 9:04         | 29          | 5:31:40      | 146        | 7:56:46     |
| VP19 - Lichtenra    | 5.71     | 1:02:29     | 10:56        | 31          | 22:31        | 144        | 33:10       | 115.40   | 17:38:42    | 9:10         | 30          | 5:51:07      | 147        | 8:29:56     |
| VP20 - Kirchhain    | 4.35     | 49:58       | 11:29        | 23          | 18:41        | 119        | 25:40       | 119.75   | 18:28:40    | 9:15         | 29          | 6:05:25      | 143        | 8:55:36     |
| VP21 - Buckow       | 6.15     | 1:12:09     | 11:43        | 30          | 28:51        | 145        | 37:09       | 125.90   | 19:40:49    | 9:22         | 27          | 6:31:38      | 143        | 9:32:45     |
| VP22 - Rudow        | 4.97     | 51:10       | 10:17        | 19          | 13:49        | 76         | 29:47       | 130.87   | 20:31:59    | 9:24         | 25          | 6:40:52      | 133        | 9:55:16     |
| VP23 - Johannistl   | 5.89     | 1:02:50     | 10:40        | 26          | 17:08        | 100        | 29:09       | 136.76   | 21:34:49    | 9:28         | 25          | 6:56:16      | 129        | 10:24:25    |
| VP24 - Dammwe       | 5.64     | 1:15:39     | 13:24        | 36          | 35:08        | 168        | 43:58       | 142.40   | 22:50:28    | 9:37         | 25          | 7:21:30      | 126        | 11:08:02    |
| VP25 - Eas Side     | 6.33     | 1:00:03     | 9:29         | 9           | 12:07        | 45         | 22:43       | 148.73   | 23:50:31    | 9:37         | 24          | 7:27:45      | 123        | 11:28:01    |
| VP26 - Checkpoir    | 4.22     | 32:47       | 7:46         | 4           | 3:07         | 14         | 9:54        | 152.95   | 24:23:18    | 9:34         | 23          | 7:28:31      | 119        | 11:36:44    |
| VP27 - Gedenkst.    | 4.12     | 34:36       | 8:23         | 5           | 3:29         | 16         | 9:53        | 157.07   | 24:57:54    | 9:32         | 23          | 7:28:23      | 114        | 11:44:56    |
| Friedrich-Ludwig    | 4.78     | 34:20       | 7:10         | 4           | 6:22         | 22         | 9:57        | 161.85   | 25:32:14    | 9:28         | 22          | 7:28:23      | 109        | 11:52:03    |