



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Exploitation détaillée

Böe, Hauke

Association: Bis einer heult
Dossard: 273

Circuit: 161.85 km
100MeilenBerlin

Catégorie:
Senioren M45 (45-49 Jahre)

Temps total: 27:59:42

Vitesse: 5.75 km/h
Kilométrage: 10:23 min/km

Place par parcours/Total: 172 (de 296)
Place par parcours/Hommes: 148 (de 247)
Meilleur temps dans le parcours: 13:40:11

Place par catégorie: 36(de 53)
Meilleur temps dans la catégorie: 15:34:05

| 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 | 46:24 | 6:41 | 35 | 14:08 | 151 | 14:08 | 6.93 | 46:24 | 6:41 | 35 | 14:08 | 151 | 14:08 |
| VP2 - Laufftreff Li | 5.70 | 39:43 | 6:58 | 38 | 13:47 | 175 | 13:47 | 12.63 | 1:26:07 | 6:49 | 36 | 27:54 | 164 | 27:55 |
| VP3 - Oranienbur | 5.47 | 37:00 | 6:45 | 37 | 13:14 | 150 | 13:14 | 18.10 | 2:03:07 | 6:48 | 37 | 41:08 | 162 | 41:08 |
| VP4 - Naturschut | 4.97 | 38:11 | 7:40 | 37 | 15:02 | 161 | 15:02 | 23.07 | 2:41:18 | 6:59 | 38 | 56:10 | 164 | 56:10 |
| VP5 - Frohnau | 6.80 | 46:48 | 6:52 | 35 | 16:22 | 135 | 16:30 | 29.87 | 3:28:06 | 6:58 | 35 | 1:12:32 | 155 | 1:12:34 |
| VP6 - Ruderclub | 4.06 | 43:31 | 10:43 | 46 | 25:01 | 218 | 25:02 | 33.93 | 4:11:37 | 7:24 | 40 | 1:37:33 | 167 | 1:37:36 |
| VP7 - Grenzturm | 4.75 | 34:28 | 7:15 | 31 | 12:10 | 126 | 13:40 | 38.68 | 4:46:05 | 7:23 | 37 | 1:49:43 | 159 | 1:51:16 |
| VP8 - Schönwald | 7.53 | 1:03:42 | 8:27 | 38 | 25:57 | 168 | 28:06 | 46.21 | 5:49:47 | 7:34 | 36 | 2:15:40 | 162 | 2:19:22 |
| VP9 - Falkenseer | 5.69 | 50:53 | 8:56 | 40 | 20:21 | 170 | 23:45 | 51.90 | 6:40:40 | 7:43 | 37 | 2:36:01 | 165 | 2:43:07 |
| VP10 - Karolinenl | 6.60 | 1:12:14 | 10:56 | 45 | 37:12 | 215 | 42:05 | 58.50 | 7:52:54 | 8:05 | 41 | 3:10:22 | 174 | 3:25:12 |
| VP11 - Pagel & Fi | 4.90 | 48:58 | 9:59 | 34 | 22:16 | 150 | 26:13 | 63.40 | 8:41:52 | 8:13 | 39 | 3:32:29 | 171 | 3:51:25 |
| VP12 - Schloss S | 7.62 | 1:48:03 | 14:10 | 46 | 1:04:37 | 221 | 1:12:16 | 71.02 | 10:29:55 | 8:52 | 40 | 4:36:57 | 184 | 5:03:41 |
| VP13 - Revierförs | 6.21 | 53:32 | 8:37 | 27 | 18:18 | 105 | 23:52 | 77.23 | 11:23:27 | 8:50 | 40 | 4:53:46 | 179 | 5:27:33 |
| VP14 - Brauhaus | 6.00 | 1:05:36 | 10:55 | 41 | 31:24 | 193 | 36:04 | 83.23 | 12:29:03 | 8:59 | 40 | 5:21:27 | 178 | 6:03:37 |
| VP15 - Gedenkst. | 6.90 | 1:17:07 | 11:10 | 40 | 40:59 | 188 | 42:24 | 90.13 | 13:46:10 | 9:09 | 39 | 5:52:34 | 179 | 6:46:01 |
| VP16 - Königswe | 6.87 | 1:16:59 | 11:12 | 41 | 32:10 | 176 | 43:15 | 97.00 | 15:03:09 | 9:18 | 40 | 6:21:16 | 173 | 7:29:16 |
| VP17 - Sportplatz | 6.20 | 1:51:48 | 18:01 | 45 | 1:17:12 | 206 | 1:20:11 | 103.20 | 16:54:57 | 9:50 | 40 | 7:35:57 | 190 | 8:49:27 |
| VP18 - Osdorfer | 6.49 | 1:12:50 | 11:13 | 37 | 29:34 | 156 | 38:53 | 109.69 | 18:07:47 | 9:55 | 40 | 8:05:31 | 178 | 9:28:20 |
| VP19 - Lichtenra | 5.71 | 1:03:12 | 11:04 | 35 | 28:09 | 151 | 33:53 | 115.40 | 19:10:59 | 9:58 | 41 | 8:29:23 | 175 | 10:02:13 |
| VP20 - Kirchhain | 4.35 | 49:55 | 11:28 | 33 | 20:15 | 118 | 25:37 | 119.75 | 20:00:54 | 10:01 | 40 | 8:49:38 | 168 | 10:27:50 |
| VP21 - Buckow | 6.15 | 1:15:32 | 12:16 | 37 | 37:10 | 157 | 40:32 | 125.90 | 21:16:26 | 10:08 | 41 | 9:23:24 | 172 | 11:08:22 |
| VP22 - Rudow | 4.97 | 1:00:50 | 12:14 | 32 | 30:31 | 143 | 39:27 | 130.87 | 22:17:16 | 10:13 | 39 | 9:42:29 | 161 | 11:40:33 |
| VP23 - Johannistl | 5.89 | 1:13:22 | 12:27 | 33 | 36:31 | 142 | 39:41 | 136.76 | 23:30:38 | 10:18 | 39 | 10:17:33 | 164 | 12:20:14 |
| VP24 - Dammwe | 5.64 | 1:05:08 | 11:32 | 24 | 33:27 | 121 | 33:27 | 142.40 | 24:35:46 | 10:21 | 38 | 10:51:00 | 161 | 12:53:20 |
| VP25 - Eas Side | 6.33 | 1:09:34 | 10:59 | 23 | 32:14 | 89 | 32:14 | 148.73 | 25:45:20 | 10:23 | 38 | 11:23:14 | 159 | 13:22:50 |
| VP26 - Checkpoir | 4.22 | 41:45 | 9:53 | 18 | 18:52 | 77 | 18:52 | 152.95 | 26:27:05 | 10:22 | 38 | 11:42:06 | 156 | 13:40:31 |
| VP27 - Gedenkst. | 4.12 | 43:21 | 10:31 | 13 | 18:38 | 63 | 18:38 | 157.07 | 27:10:26 | 10:22 | 36 | 12:00:44 | 149 | 13:57:28 |
| Friedrich-Ludwig | 4.78 | 49:16 | 10:18 | 26 | 24:53 | 111 | 24:53 | 161.85 | 27:59:42 | 10:22 | 36 | 12:25:37 | 148 | 14:19:31 |