



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

## Exploitation détaillée

**Niedick, Tanja**

Association: Team Erdinger/Jogmap Ruhr  
Dossard: 67

Circuit: 161.85 km  
100MeilenBerlin

Catégorie:  
Seniorinnen W40 (40-44 Jahre)

Temps total: 29:24:02

Vitesse: 5.48 km/h  
Kilométrage: 10:54 min/km

Place par parcours/Total: 205 (de 296)  
Place par parcours/Femmes: 31 (de 49)  
Meilleur temps dans le parcours: 15:57:39

Place par catégorie: 6(de 9)  
Meilleur temps dans la catégorie: 22:14:14

| Temps intermédiaires |          |             | Résultats d'étape |             |              |             | Résultat total |          |             |              |             |              |             |               |
|----------------------|----------|-------------|-------------------|-------------|--------------|-------------|----------------|----------|-------------|--------------|-------------|--------------|-------------|---------------|
| Poste                | Etape km | Etape Temps | Etape min/km      | Place catg. | Retard catg. | Place Femme | Retard Femmes  | Total km | Total Temps | Total min/km | Place catg. | Retard catg. | Place Femme | Retard Femmes |
| VP1 - S-Bahnhof      | 6.93     | 44:18       | 6:23              | 2           | 1:47         | 13          | 6:09           | 6.93     | 44:18       | 6:23         | 2           | 1:47         | 13          | 6:09          |
| VP2 - Laufftreff Li  | 5.70     | 36:05       | 6:19              | 2           | 1:26         | 9           | 4:01           | 12.63    | 1:20:23     | 6:21         | 2           | 3:13         | 12          | 9:48          |
| VP3 - Oranienbur     | 5.47     | 35:16       | 6:26              | 2           | 2:10         | 12          | 5:59           | 18.10    | 1:55:39     | 6:23         | 2           | 5:23         | 12          | 15:36         |
| VP4 - Naturschut     | 4.97     | 35:08       | 7:04              | 3           | 1:37         | 9           | 7:00           | 23.07    | 2:30:47     | 6:32         | 2           | 6:52         | 10          | 22:36         |
| VP5 - Frohnau        | 6.80     | 47:10       | 6:56              | 4           | 4:27         | 17          | 10:27          | 29.87    | 3:17:57     | 6:37         | 2           | 11:19        | 12          | 33:03         |
| VP6 - Ruderclub      | 4.06     | 32:46       | 8:04              | 5           | 1:06         | 17          | 10:46          | 33.93    | 3:50:43     | 6:47         | 3           | 12:25        | 13          | 43:49         |
| VP7 - Grenzturm      | 4.75     | 32:30       | 6:50              | 1           | -            | 9           | 6:51           | 38.68    | 4:23:13     | 6:48         | 2           | 12:16        | 11          | 50:40         |
| VP8 - Schönwald      | 7.53     | 1:02:14     | 8:15              | 5           | 8:15         | 23          | 20:38          | 46.21    | 5:25:27     | 7:02         | 4           | 17:47        | 14          | 1:11:18       |
| VP9 - Falkenseer     | 5.69     | 50:32       | 8:52              | 6           | 7:48         | 25          | 18:35          | 51.90    | 6:15:59     | 7:14         | 4           | 18:21        | 17          | 1:29:53       |
| VP10 - Karolinenl    | 6.60     | 1:01:11     | 9:16              | 7           | 11:35        | 26          | 23:56          | 58.50    | 7:17:10     | 7:28         | 4           | 28:17        | 17          | 1:53:49       |
| VP11 - Pagel & Fi    | 4.90     | 51:51       | 10:34             | 7           | 14:28        | 34          | 24:03          | 63.40    | 8:09:01     | 7:42         | 5           | 39:01        | 17          | 2:17:52       |
| VP12 - Schloss S     | 7.62     | 1:40:43     | 13:13             | 8           | 41:52        | 45          | 56:57          | 71.02    | 9:49:44     | 8:18         | 6           | 1:16:05      | 21          | 3:14:49       |
| VP13 - Revierförs    | 6.21     | 58:26       | 9:24              | 7           | 10:44        | 26          | 21:43          | 77.23    | 10:48:10    | 8:23         | 6           | 1:26:49      | 20          | 3:36:32       |
| VP14 - Brauhaus      | 6.00     | 1:04:12     | 10:42             | 7           | 19:01        | 34          | 26:52          | 83.23    | 11:52:22    | 8:33         | 6           | 1:39:19      | 23          | 4:03:24       |
| VP15 - Gedenkst.     | 6.90     | 1:20:27     | 11:39             | 7           | 25:40        | 34          | 41:52          | 90.13    | 13:12:49    | 8:47         | 7           | 2:03:07      | 25          | 4:45:16       |
| VP16 - Königswe      | 6.87     | 1:08:13     | 9:55              | 5           | 13:23        | 20          | 26:38          | 97.00    | 14:21:02    | 8:52         | 6           | 2:16:30      | 24          | 5:11:54       |
| VP17 - Sportplatz    | 6.20     | 1:33:41     | 15:06             | 6           | 37:09        | 35          | 58:42          | 103.20   | 15:54:43    | 9:15         | 6           | 2:53:39      | 25          | 6:10:36       |
| VP18 - Osdorfer      | 6.49     | 1:13:25     | 11:18             | 5           | 23:13        | 27          | 33:57          | 109.69   | 17:08:08    | 9:22         | 6           | 3:16:52      | 24          | 6:37:04       |
| VP19 - Lichtenra     | 5.71     | 1:10:35     | 12:21             | 6           | 24:54        | 34          | 34:30          | 115.40   | 18:18:43    | 9:31         | 6           | 3:41:46      | 25          | 7:11:34       |
| VP20 - Kirchhain     | 4.35     | 1:31:33     | 21:02             | 6           | 51:17        | 37          | 1:04:40        | 119.75   | 19:50:16    | 9:56         | 6           | 4:33:03      | 30          | 8:16:14       |
| VP21 - Buckow        | 6.15     | 1:23:36     | 13:35             | 6           | 29:25        | 33          | 47:00          | 125.90   | 21:13:52    | 10:07        | 6           | 5:02:28      | 32          | 9:03:14       |
| VP22 - Rudow         | 4.97     | 1:06:33     | 13:23             | 5           | 23:26        | 30          | 34:24          | 130.87   | 22:20:25    | 10:14        | 6           | 5:18:33      | 31          | 9:37:38       |
| VP23 - Johannistl    | 5.89     | 1:36:19     | 16:21             | 6           | 46:32        | 34          | 58:48          | 136.76   | 23:56:44    | 10:30        | 6           | 5:55:55      | 30          | 10:36:26      |
| VP24 - Dammwe        | 5.64     | 1:05:24     | 11:35             | 5           | 17:10        | 24          | 29:48          | 142.40   | 25:02:08    | 10:32        | 6           | 6:04:44      | 30          | 11:06:14      |
| VP25 - Eas Side      | 6.33     | 1:21:55     | 12:56             | 5           | 21:52        | 31          | 41:49          | 148.73   | 26:24:03    | 10:39        | 6           | 6:20:32      | 30          | 11:48:03      |
| VP26 - Checkpoir     | 4.22     | 54:28       | 12:54             | 5           | 20:44        | 33          | 28:19          | 152.95   | 27:18:31    | 10:42        | 6           | 6:35:09      | 30          | 12:16:22      |
| VP27 - Gedenkst.     | 4.12     | 1:02:35     | 15:11             | 6           | 29:13        | 34          | 35:03          | 157.07   | 28:21:06    | 10:49        | 6           | 6:53:24      | 31          | 12:51:25      |
| Friedrich-Ludwig     | 4.78     | 1:02:56     | 13:09             | 6           | 27:26        | 34          | 34:58          | 161.85   | 29:24:02    | 10:53        | 6           | 7:09:48      | 31          | 13:26:23      |