



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Exploitation détaillée

Strykowski, Jaroslaw

Association: Team ASA ☐ Biegiem po Zdrowie.
Dossard: 302

Circuit: 161.85 km
100MeilenBerlin

Catégorie:
Senioren M45 (45-49 Jahre)

Temps total: 19:50:35

Vitesse: 8.11 km/h
Kilométrage: 7:22 min/km

Place par parcours/Total: 26 (de 296)
Place par parcours/Hommes: 24 (de 247)
Meilleur temps dans le parcours: 13:40:11

Place par catégorie: 8(de 53)
Meilleur temps dans la catégorie: 15:34:05

Temps intermédiaires

Résultats d'étape

Résultat total

| Poste | Etape | | Etape | | Etape | | Place | | Retard | | Total | | Total | | Total | | Place | | Retard | | |
|---------------------|-------|---------|--------|-------|-------|--------|--------|--------|----------|--------|-------|---------|--------|---------|--------|----------|--------|-------|---------|--------|---------|
| | km | Temps | min/km | catg. | catg. | Hommes | Hommes | km | Temps | min/km | catg. | catg. | Hommes | Hommes | km | Temps | min/km | catg. | catg. | Hommes | Hommes |
| VP1 - S-Bahnhof | 6.93 | 32:45 | 4:43 | 4 | 0:29 | 9 | 0:29 | 6.93 | 32:45 | 4:43 | 4 | 0:29 | 9 | 0:29 | 6.93 | 32:45 | 4:43 | 4 | 0:29 | 9 | 0:29 |
| VP2 - Laufftreff Li | 5.70 | 27:04 | 4:44 | 3 | 1:08 | 4 | 1:08 | 12.63 | 59:49 | 4:44 | 3 | 1:36 | 5 | 1:37 | 12.63 | 59:49 | 4:44 | 3 | 1:36 | 5 | 1:37 |
| VP3 - Oranienbur | 5.47 | 26:50 | 4:54 | 4 | 3:04 | 10 | 3:04 | 18.10 | 1:26:39 | 4:47 | 4 | 4:40 | 8 | 4:40 | 18.10 | 1:26:39 | 4:47 | 4 | 4:40 | 8 | 4:40 |
| VP4 - Naturschut | 4.97 | 26:01 | 5:14 | 4 | 2:52 | 10 | 2:52 | 23.07 | 1:52:40 | 4:53 | 4 | 7:32 | 9 | 7:32 | 23.07 | 1:52:40 | 4:53 | 4 | 7:32 | 9 | 7:32 |
| VP5 - Frohnau | 6.80 | 35:58 | 5:17 | 5 | 5:32 | 13 | 5:40 | 29.87 | 2:28:38 | 4:58 | 4 | 13:04 | 9 | 13:06 | 29.87 | 2:28:38 | 4:58 | 4 | 13:04 | 9 | 13:06 |
| VP6 - Ruderclub | 4.06 | 24:48 | 6:06 | 7 | 6:18 | 25 | 6:19 | 33.93 | 2:53:26 | 5:06 | 4 | 19:22 | 10 | 19:25 | 33.93 | 2:53:26 | 5:06 | 4 | 19:22 | 10 | 19:25 |
| VP7 - Grenzturm | 4.75 | 27:55 | 5:52 | 8 | 5:37 | 26 | 7:07 | 38.68 | 3:21:21 | 5:12 | 4 | 24:59 | 11 | 26:32 | 38.68 | 3:21:21 | 5:12 | 4 | 24:59 | 11 | 26:32 |
| VP8 - Schönwald | 7.53 | 47:10 | 6:15 | 6 | 9:25 | 29 | 11:34 | 46.21 | 4:08:31 | 5:22 | 4 | 34:24 | 11 | 38:06 | 46.21 | 4:08:31 | 5:22 | 4 | 34:24 | 11 | 38:06 |
| VP9 - Falkenseer | 5.69 | 37:29 | 6:35 | 10 | 6:57 | 37 | 10:21 | 51.90 | 4:46:00 | 5:30 | 5 | 41:21 | 15 | 48:27 | 51.90 | 4:46:00 | 5:30 | 5 | 41:21 | 15 | 48:27 |
| VP10 - Karolinenl | 6.60 | 44:24 | 6:43 | 9 | 9:22 | 31 | 14:15 | 58.50 | 5:30:24 | 5:38 | 5 | 47:52 | 16 | 1:02:42 | 58.50 | 5:30:24 | 5:38 | 5 | 47:52 | 16 | 1:02:42 |
| VP11 - Pagel & Fi | 4.90 | 35:27 | 7:14 | 9 | 8:45 | 37 | 12:42 | 63.40 | 6:05:51 | 5:46 | 5 | 56:28 | 17 | 1:15:24 | 63.40 | 6:05:51 | 5:46 | 5 | 56:28 | 17 | 1:15:24 |
| VP12 - Schloss S | 7.62 | 1:04:16 | 8:26 | 17 | 20:50 | 62 | 28:29 | 71.02 | 7:10:07 | 6:03 | 5 | 1:17:09 | 18 | 1:43:53 | 71.02 | 7:10:07 | 6:03 | 5 | 1:17:09 | 18 | 1:43:53 |
| VP13 - Revierförs | 6.21 | 51:41 | 8:19 | 22 | 16:27 | 87 | 22:01 | 77.23 | 8:01:48 | 6:14 | 5 | 1:32:07 | 19 | 2:05:54 | 77.23 | 8:01:48 | 6:14 | 5 | 1:32:07 | 19 | 2:05:54 |
| VP14 - Brauhaus | 6.00 | 44:41 | 7:26 | 10 | 10:29 | 29 | 15:09 | 83.23 | 8:46:29 | 6:19 | 6 | 1:38:53 | 20 | 2:21:03 | 83.23 | 8:46:29 | 6:19 | 6 | 1:38:53 | 20 | 2:21:03 |
| VP15 - Gedenkst. | 6.90 | 49:04 | 7:06 | 9 | 12:56 | 25 | 14:21 | 90.13 | 9:35:33 | 6:23 | 6 | 1:41:57 | 20 | 2:35:24 | 90.13 | 9:35:33 | 6:23 | 6 | 1:41:57 | 20 | 2:35:24 |
| VP16 - Königswe | 6.87 | 51:24 | 7:28 | 6 | 6:35 | 21 | 17:40 | 97.00 | 10:26:57 | 6:27 | 6 | 1:45:04 | 19 | 2:53:04 | 97.00 | 10:26:57 | 6:27 | 6 | 1:45:04 | 19 | 2:53:04 |
| VP17 - Sportplatz | 6.20 | 54:40 | 8:49 | 12 | 20:04 | 39 | 23:03 | 103.20 | 11:21:37 | 6:36 | 7 | 2:02:37 | 20 | 3:16:07 | 103.20 | 11:21:37 | 6:36 | 7 | 2:02:37 | 20 | 3:16:07 |
| VP18 - Osdorfer | 6.49 | 54:07 | 8:20 | 14 | 10:51 | 55 | 20:10 | 109.69 | 12:15:44 | 6:42 | 7 | 2:13:28 | 22 | 3:36:17 | 109.69 | 12:15:44 | 6:42 | 7 | 2:13:28 | 22 | 3:36:17 |
| VP19 - Lichtenra | 5.71 | 45:52 | 8:01 | 15 | 10:49 | 47 | 16:33 | 115.40 | 13:01:36 | 6:46 | 7 | 2:20:00 | 22 | 3:52:50 | 115.40 | 13:01:36 | 6:46 | 7 | 2:20:00 | 22 | 3:52:50 |
| VP20 - Kirchhain | 4.35 | 38:57 | 8:57 | 11 | 9:17 | 42 | 14:39 | 119.75 | 13:40:33 | 6:51 | 8 | 2:29:17 | 25 | 4:07:29 | 119.75 | 13:40:33 | 6:51 | 8 | 2:29:17 | 25 | 4:07:29 |
| VP21 - Buckow | 6.15 | 51:31 | 8:22 | 13 | 13:09 | 43 | 16:31 | 125.90 | 14:32:04 | 6:55 | 9 | 2:39:02 | 26 | 4:24:00 | 125.90 | 14:32:04 | 6:55 | 9 | 2:39:02 | 26 | 4:24:00 |
| VP22 - Rudow | 4.97 | 42:33 | 8:33 | 8 | 12:14 | 26 | 21:10 | 130.87 | 15:14:37 | 6:59 | 8 | 2:39:50 | 23 | 4:37:54 | 130.87 | 15:14:37 | 6:59 | 8 | 2:39:50 | 23 | 4:37:54 |
| VP23 - Johannistl | 5.89 | 51:38 | 8:45 | 9 | 14:47 | 33 | 17:57 | 136.76 | 16:06:15 | 7:03 | 8 | 2:53:10 | 24 | 4:55:51 | 136.76 | 16:06:15 | 7:03 | 8 | 2:53:10 | 24 | 4:55:51 |
| VP24 - Dammwe | 5.64 | 48:43 | 8:38 | 11 | 17:02 | 32 | 17:02 | 142.40 | 16:54:58 | 7:07 | 8 | 3:10:12 | 24 | 5:12:32 | 142.40 | 16:54:58 | 7:07 | 8 | 3:10:12 | 24 | 5:12:32 |
| VP25 - Eas Side | 6.33 | 1:01:43 | 9:44 | 13 | 24:23 | 52 | 24:23 | 148.73 | 17:56:41 | 7:14 | 8 | 3:34:35 | 24 | 5:34:11 | 148.73 | 17:56:41 | 7:14 | 8 | 3:34:35 | 24 | 5:34:11 |
| VP26 - Checkpoir | 4.22 | 38:30 | 9:07 | 12 | 15:37 | 47 | 15:37 | 152.95 | 18:35:11 | 7:17 | 8 | 3:50:12 | 24 | 5:48:37 | 152.95 | 18:35:11 | 7:17 | 8 | 3:50:12 | 24 | 5:48:37 |
| VP27 - Gedenkst. | 4.12 | 38:51 | 9:25 | 6 | 14:08 | 39 | 14:08 | 157.07 | 19:14:02 | 7:20 | 8 | 4:04:20 | 24 | 6:01:04 | 157.07 | 19:14:02 | 7:20 | 8 | 4:04:20 | 24 | 6:01:04 |
| Friedrich-Ludwig | 4.78 | 36:33 | 7:38 | 11 | 12:10 | 38 | 12:10 | 161.85 | 19:50:35 | 7:21 | 8 | 4:16:30 | 24 | 6:10:24 | 161.85 | 19:50:35 | 7:21 | 8 | 4:16:30 | 24 | 6:10:24 |