



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Exploitation détaillée

**Firmani, Mauro**

Association: Trail dei due laghi

Dossard: 13

Circuit: 161.90 km

100MeilenBerlin

Catégorie:

Senioren M55 (55-59 Jahre)

Temps total: 22:50:55

Vitesse: 7.05 km/h

Kilométrage: 8:28 min/km

Place par parcours/Total: 74 (de 319)

Place par parcours/Hommes: 61 (de 257)

Meilleur temps dans le parcours: 15:20:48

Place par catégorie: 8(de 32)

Meilleur temps dans la catégorie: 16:39:21

### Temps intermédiaires

### Résultats d'étape

### Résultat total

| Poste               | Etape    |             |              | 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 - Brandenbu     | 7.30     | 41:17       | 5:39         | 2                 | 1:36         | 19         | 8:00        | 7.30           | 41:17       | 5:39         | 2           | 1:36         | 19         | 8:00        |
| VP2 - East Side C   | 6.46     | 37:47       | 5:50         | 5                 | 3:29         | 39         | 7:41        | 13.76          | 1:19:04     | 5:44         | 2           | 5:05         | 23         | 15:26       |
| VP3 - Dammweg       | 5.90     | 33:38       | 5:42         | 4                 | 1:18         | 29         | 6:03        | 19.66          | 1:52:42     | 5:43         | 2           | 6:23         | 24         | 20:01       |
| VP4 - Johannisth    | 5.64     | 33:11       | 5:53         | 5                 | 3:11         | 39         | 6:36        | 25.30          | 2:25:53     | 5:45         | 3           | 9:34         | 26         | 26:37       |
| VP5 - U-Bahnhof     | 5.90     | 37:50       | 6:24         | 6                 | 6:05         | 55         | 8:56        | 31.20          | 3:03:43     | 5:53         | 5           | 15:39        | 35         | 35:11       |
| VP6 - Buckow        | 4.92     | 31:09       | 6:19         | 6                 | 3:30         | 47         | 6:31        | 36.12          | 3:34:52     | 5:56         | 5           | 18:37        | 38         | 41:42       |
| VP7 - Kirchhainer   | 6.17     | 39:28       | 6:23         | 5                 | 5:53         | 40         | 8:24        | 42.29          | 4:14:20     | 6:00         | 5           | 22:48        | 38         | 50:06       |
| VP8 - Lichtenradi   | 4.37     | 28:58       | 6:37         | 6                 | 5:18         | 57         | 6:53        | 46.66          | 4:43:18     | 6:04         | 5           | 28:06        | 42         | 56:59       |
| VP9 - Osdorfer St   | 5.71     | 39:15       | 6:52         | 10                | 8:47         | 77         | 9:43        | 52.37          | 5:22:33     | 6:09         | 5           | 36:44        | 41         | 1:06:42     |
| VP10 - Sportplatz   | 6.50     | 49:41       | 7:38         | 6                 | 13:21        | 55         | 14:51       | 58.87          | 6:12:14     | 6:19         | 5           | 45:11        | 46         | 1:21:33     |
| VP11 - Königsw      | 6.22     | 42:49       | 6:53         | 3                 | 5:37         | 21         | 8:39        | 65.09          | 6:55:03     | 6:22         | 4           | 50:48        | 34         | 1:22:50     |
| VP12 - Gedenkst     | 6.85     | 51:16       | 7:29         | 3                 | 10:24        | 39         | 12:53       | 71.94          | 7:46:19     | 6:28         | 4           | 1:01:12      | 33         | 1:31:34     |
| VP13 - Brauhaus     | 6.88     | 53:31       | 7:46         | 5                 | 12:04        | 44         | 14:51       | 78.82          | 8:39:50     | 6:35         | 4           | 1:13:16      | 33         | 1:41:25     |
| VP14 - Revierförs   | 5.70     | 53:22       | 9:21         | 13                | 18:56        | 120        | 21:18       | 84.52          | 9:33:12     | 6:46         | 5           | 1:32:12      | 36         | 2:00:27     |
| VP15 - Schloss S    | 6.24     | 1:07:02     | 10:44        | 13                | 27:09        | 96         | 30:31       | 90.76          | 10:40:14    | 7:03         | 5           | 1:59:21      | 41         | 2:28:15     |
| VP16 - Pagel & Fi   | 7.60     | 1:22:45     | 10:53        | 17                | 35:15        | 165        | 39:02       | 98.36          | 12:02:59    | 7:21         | 6           | 2:34:36      | 53         | 3:02:47     |
| VP17 - Karolinenl   | 4.91     | 48:32       | 9:53         | 13                | 17:02        | 124        | 20:05       | 103.27         | 12:51:31    | 7:28         | 6           | 2:51:38      | 56         | 3:19:56     |
| VP18 - Falkensee    | 6.60     | 53:33       | 8:06         | 6                 | 10:51        | 43         | 15:11       | 109.87         | 13:45:04    | 7:30         | 6           | 3:02:29      | 53         | 3:34:09     |
| VP19 - Schönwal     | 5.95     | 50:08       | 8:25         | 5                 | 10:21        | 40         | 14:52       | 115.82         | 14:35:12    | 7:33         | 6           | 3:12:50      | 50         | 3:49:01     |
| VP20 - Grenzturn    | 7.60     | 1:12:34     | 9:32         | 10                | 20:48        | 75         | 29:23       | 123.42         | 15:47:46    | 7:40         | 6           | 3:33:38      | 49         | 4:18:24     |
| VP21 - Ruderclub    | 4.78     | 1:01:34     | 12:52        | 13                | 28:17        | 120        | 34:19       | 128.20         | 16:49:20    | 7:52         | 8           | 4:01:55      | 52         | 4:52:43     |
| VP22 - Frohnau      | 4.07     | 44:36       | 10:57        | 13                | 16:11        | 124        | 20:07       | 132.27         | 17:33:56    | 7:58         | 9           | 4:18:06      | 54         | 5:12:44     |
| VP23 - Naturschu    | 6.61     | 1:06:26     | 10:03        | 10                | 22:41        | 79         | 26:47       | 138.88         | 18:40:22    | 8:04         | 8           | 4:40:47      | 53         | 5:38:04     |
| VP24 - Oranienbu    | 4.98     | 53:46       | 10:47        | 13                | 19:24        | 95         | 24:00       | 143.86         | 19:34:08    | 8:09         | 8           | 5:00:11      | 56         | 6:01:09     |
| VP25 - Laufftreff l | 5.34     | 57:00       | 10:40        | 12                | 18:37        | 100        | 27:03       | 149.20         | 20:31:08    | 8:15         | 8           | 5:18:48      | 57         | 6:25:19     |
| VP26 - Wilhelmsr    | 5.72     | 1:02:28     | 10:55        | 16                | 26:59        | 148        | 30:20       | 154.92         | 21:33:36    | 8:21         | 8           | 5:45:47      | 60         | 6:55:09     |
| VP27 - Wollankst    | 3.02     | 36:31       | 12:05        | 13                | 11:40        | 118        | 26:56       | 157.94         | 22:10:07    | 8:25         | 8           | 5:57:27      | 62         | 14:38:58    |
| Friedrich-Ludwig    | 3.96     | 40:48       | 10:18        | 17                | 14:07        | 136        | 20:23       | 161.90         | 22:50:55    | 8:28         | 8           | 6:11:34      | 61         | 7:30:07     |