



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Exploitation détaillée

Bock, Bernhard

Association: LT Gmünd

Dossard: 50

Circuit: 161.90 km

100MeilenBerlin

Catégorie:

Senioren M50 (50-54 Jahre)

Temps total: 19:21:45

Vitesse: 8.32 km/h

Kilométrage: 7:11 min/km

Place par parcours/Total: 22 (de 319)

Place par parcours/Hommes: 18 (de 257)

Meilleur temps dans le parcours: 15:20:48

Place par catégorie: 3(de 50)

Meilleur temps dans la catégorie: 15:44:00

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.Homme | Place catg.Homme | Retard catg.Homme | Total km | Total Temps | Total min/km | Place catg. | Retard catg.Homme | Place catg.Homme | Retard catg.Homme |
| VP1 - Brandenbu | 7.30 | 44:16 | 6:03 | 10 | 7:15 | 52 | 10:59 | 7.30 | 44:16 | 6:03 | 10 | 7:15 | 52 | 10:59 |
| VP2 - East Side C | 6.46 | 38:03 | 5:53 | 6 | 5:43 | 42 | 7:57 | 13.76 | 1:22:19 | 5:58 | 10 | 12:58 | 51 | 18:41 |
| VP3 - Dammweg | 5.90 | 34:28 | 5:50 | 9 | 4:25 | 41 | 6:53 | 19.66 | 1:56:47 | 5:56 | 10 | 17:23 | 49 | 24:06 |
| VP4 - Johannisth | 5.64 | 35:23 | 6:16 | 13 | 6:38 | 60 | 8:48 | 25.30 | 2:32:10 | 6:00 | 10 | 24:01 | 49 | 32:54 |
| VP5 - U-Bahnhof | 5.90 | 41:28 | 7:01 | 18 | 10:27 | 98 | 12:34 | 31.20 | 3:13:38 | 6:12 | 10 | 34:28 | 56 | 45:06 |
| VP6 - Buckow | 4.92 | 31:05 | 6:19 | 9 | 4:30 | 44 | 6:27 | 36.12 | 3:44:43 | 6:13 | 10 | 38:54 | 54 | 51:33 |
| VP7 - Kirchhainer | 6.17 | 42:41 | 6:55 | 11 | 8:01 | 65 | 11:37 | 42.29 | 4:27:24 | 6:19 | 10 | 46:50 | 54 | 1:03:10 |
| VP8 - Lichtenradi | 4.37 | 28:41 | 6:33 | 10 | 4:28 | 56 | 6:36 | 46.66 | 4:56:05 | 6:20 | 11 | 50:20 | 56 | 1:09:46 |
| VP9 - Osdorfer St | 5.71 | 33:26 | 5:51 | 5 | 2:49 | 22 | 3:54 | 52.37 | 5:29:31 | 6:17 | 10 | 45:57 | 53 | 1:13:40 |
| VP10 - Sportplatz | 6.50 | 52:10 | 8:01 | 13 | 15:37 | 69 | 17:20 | 58.87 | 6:21:41 | 6:29 | 10 | 50:10 | 53 | 1:31:00 |
| VP11 - Königsw | 6.22 | 40:56 | 6:34 | 4 | 2:25 | 17 | 6:46 | 65.09 | 7:02:37 | 6:29 | 8 | 52:27 | 42 | 1:30:24 |
| VP12 - Gedenkst | 6.85 | 46:16 | 6:45 | 5 | 7:53 | 20 | 7:53 | 71.94 | 7:48:53 | 6:31 | 7 | 1:00:20 | 36 | 1:34:08 |
| VP13 - Brauhaus | 6.88 | 47:20 | 6:52 | 5 | 8:40 | 19 | 8:40 | 78.82 | 8:36:13 | 6:32 | 8 | 1:09:00 | 30 | 1:37:48 |
| VP14 - Revierförs | 5.70 | 43:18 | 7:35 | 5 | 11:14 | 28 | 11:14 | 84.52 | 9:19:31 | 6:37 | 7 | 1:20:14 | 28 | 1:46:46 |
| VP15 - Schloss S | 6.24 | 48:40 | 7:47 | 3 | 10:08 | 19 | 12:09 | 90.76 | 10:08:11 | 6:42 | 5 | 1:30:22 | 25 | 1:56:12 |
| VP16 - Pagel & Fi | 7.60 | 58:36 | 7:42 | 6 | 14:53 | 20 | 14:53 | 98.36 | 11:06:47 | 6:46 | 5 | 1:45:15 | 25 | 2:06:35 |
| VP17 - Karolinenl | 4.91 | 38:36 | 7:51 | 7 | 10:09 | 36 | 10:09 | 103.27 | 11:45:23 | 6:49 | 6 | 1:55:24 | 26 | 2:13:48 |
| VP18 - Falkensee | 6.60 | 53:51 | 8:09 | 8 | 15:29 | 46 | 15:29 | 109.87 | 12:39:14 | 6:54 | 7 | 2:10:53 | 27 | 2:28:19 |
| VP19 - Schönwal | 5.95 | 45:16 | 7:36 | 3 | 9:38 | 17 | 10:00 | 115.82 | 13:24:30 | 6:56 | 7 | 2:20:31 | 27 | 2:38:19 |
| VP20 - Grenzturn | 7.60 | 51:56 | 6:49 | 2 | 6:41 | 6 | 8:45 | 123.42 | 14:16:26 | 6:56 | 6 | 2:27:12 | 26 | 2:47:04 |
| VP21 - Ruderclub | 4.78 | 39:24 | 8:14 | 4 | 8:58 | 22 | 12:09 | 128.20 | 14:55:50 | 6:59 | 4 | 2:36:10 | 21 | 2:59:13 |
| VP22 - Frohnau | 4.07 | 31:21 | 7:42 | 4 | 6:52 | 17 | 6:52 | 132.27 | 15:27:11 | 7:00 | 4 | 2:43:02 | 22 | 3:05:59 |
| VP23 - Naturschu | 6.61 | 59:45 | 9:02 | 7 | 20:06 | 44 | 20:06 | 138.88 | 16:26:56 | 7:06 | 5 | 3:03:08 | 22 | 3:24:38 |
| VP24 - Oranienbu | 4.98 | 40:21 | 8:06 | 5 | 8:34 | 18 | 10:35 | 143.86 | 17:07:17 | 7:08 | 5 | 3:11:42 | 21 | 3:34:18 |
| VP25 - Laufftreff l | 5.34 | 43:43 | 8:11 | 5 | 11:51 | 25 | 13:46 | 149.20 | 17:51:00 | 7:10 | 4 | 3:23:33 | 20 | 3:45:11 |
| VP26 - Wilhelmsr | 5.72 | 39:45 | 6:56 | 5 | 4:19 | 16 | 7:37 | 154.92 | 18:30:45 | 7:10 | 3 | 3:27:52 | 18 | 3:52:18 |
| VP27 - Wollankst | 3.02 | 24:14 | 8:01 | 4 | 5:01 | 23 | 14:39 | 157.94 | 18:54:59 | 7:11 | 3 | 3:32:53 | 19 | 11:23:50 |
| Friedrich-Ludwig | 3.96 | 26:46 | 6:45 | 7 | 4:52 | 31 | 6:21 | 161.90 | 19:21:45 | 7:10 | 3 | 3:37:45 | 18 | 4:00:57 |