



# 100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Exploitation détaillée

**BEGON, Limor**

Association: Marta - running club

Dossard: 363

Enduro E Bike

Catégorie:

Seniorinnen W40 (40-44 Jahre)

Temps total: 23:33:02

Vitesse: - km/h

Kilométrage: 8:44 min/km

Place par parcours/Total: 231 (de 459)

Place par parcours/Femmes: 19 (de 72)

Meilleur temps dans le parcours: 17:20:20

Place par catégorie: 6(de 14)

Meilleur temps dans la catégorie: 17:20:20

### Temps intermédiaires

### Résultats d'étape

### Résultat total

| Poste               | Etape |         |        | Place catg. | Retard catg. |        |         | Total  |          |       | Place catg. | Retard catg. |       |         |
|---------------------|-------|---------|--------|-------------|--------------|--------|---------|--------|----------|-------|-------------|--------------|-------|---------|
|                     | km    | Temps   | min/km |             | Femme        | Femmes | Femme   | Femmes | km       | Temps |             | min/km       | Femme | Femmes  |
| VP1 - Wilhelmsru    | 6.94  | 45:56   | 6:37   | 7           | 8:59         | 22     | 8:59    | 6.94   | 45:56    | 6:37  | 7           | 8:59         | 22    | 8:59    |
| VP2 - Laufftreff Li | 5.69  | 40:52   | 7:10   | 8           | 9:12         | 30     | 9:21    | 12.63  | 1:26:48  | 6:52  | 8           | 18:11        | 26    | 18:11   |
| VP3 - Oranienbur    | 5.74  | 39:13   | 6:49   | 9           | 8:36         | 33     | 8:46    | 18.37  | 2:06:01  | 6:51  | 8           | 26:47        | 29    | 26:47   |
| VP4 - Naturschut    | 4.70  | 35:31   | 7:33   | 6           | 6:45         | 21     | 7:15    | 23.07  | 2:41:32  | 7:00  | 8           | 33:32        | 28    | 33:32   |
| VP5 - Frohnau       | 6.80  | 45:59   | 6:45   | 8           | 8:28         | 24     | 9:22    | 29.87  | 3:27:31  | 6:56  | 8           | 42:00        | 26    | 42:00   |
| VP6 - Ruderclub     | 4.06  | 28:08   | 6:55   | 3           | 4:14         | 11     | 5:23    | 33.93  | 3:55:39  | 6:56  | 7           | 46:14        | 22    | 47:13   |
| VP7 - Grenzturm     | 4.75  | 32:30   | 6:50   | 5           | 2:56         | 17     | 6:22    | 38.68  | 4:28:09  | 6:55  | 6           | 49:10        | 21    | 53:35   |
| VP8 - Schönwald     | 7.52  | 55:18   | 7:21   | 8           | 10:31        | 29     | 12:57   | 46.20  | 5:23:27  | 7:00  | 7           | 59:41        | 22    | 1:06:32 |
| VP9 - Falkenseer    | 5.76  | 45:44   | 7:56   | 8           | 9:04         | 25     | 11:18   | 51.96  | 6:09:11  | 7:06  | 7           | 1:08:45      | 22    | 1:17:00 |
| VP10 - Karolinenl   | 6.54  | 1:00:11 | 9:12   | 11          | 20:19        | 41     | 20:50   | 58.50  | 7:09:22  | 7:20  | 7           | 1:29:04      | 24    | 1:36:48 |
| VP11 - Pagel & Fi   | 4.90  | 38:53   | 7:56   | 7           | 8:03         | 25     | 8:34    | 63.40  | 7:48:15  | 7:23  | 7           | 1:37:07      | 25    | 1:45:22 |
| VP12 - Schloss S    | 7.62  | 59:13   | 7:46   | 4           | 9:41         | 14     | 13:34   | 71.02  | 8:47:28  | 7:25  | 6           | 1:46:48      | 22    | 1:58:56 |
| VP13 - Revierförs   | 6.21  | 47:30   | 7:38   | 5           | 8:24         | 17     | 8:24    | 77.23  | 9:34:58  | 7:26  | 6           | 1:55:12      | 22    | 2:06:58 |
| VP14 - Brauhaus     | 6.00  | 43:49   | 7:18   | 4           | 8:04         | 15     | 8:04    | 83.23  | 10:18:47 | 7:26  | 6           | 2:03:16      | 21    | 2:11:33 |
| VP15 - Gedenkst.    | 6.90  | 48:33   | 7:02   | 2           | 6:04         | 5      | 7:18    | 90.13  | 11:07:20 | 7:24  | 6           | 2:09:20      | 20    | 2:10:55 |
| VP16 - Königswe     | 6.87  | 55:58   | 8:08   | 4           | 8:49         | 10     | 8:49    | 97.00  | 12:03:18 | 7:27  | 6           | 2:18:09      | 18    | 2:18:09 |
| VP17 - Sportplatz   | 6.20  | 56:07   | 9:03   | 3           | 10:09        | 9      | 11:14   | 103.20 | 12:59:25 | 7:33  | 7           | 2:22:22      | 16    | 2:22:22 |
| VP18 - Osdorfer     | 6.50  | 55:51   | 8:35   | 5           | 14:08        | 18     | 14:08   | 109.70 | 13:55:16 | 7:36  | 5           | 2:36:30      | 13    | 2:36:30 |
| VP19 - Lichtenrav   | 5.70  | 1:03:49 | 11:11  | 8           | 21:12        | 30     | 22:28   | 115.40 | 14:59:05 | 7:47  | 6           | 2:57:42      | 16    | 2:57:42 |
| VP20 - Kirchhain    | 4.37  | 48:31   | 11:06  | 10          | 21:46        | 40     | 21:46   | 119.77 | 15:47:36 | 7:54  | 6           | 3:19:28      | 16    | 3:19:28 |
| VP21 - Buckow       | 6.43  | 58:42   | 9:07   | 6           | 17:01        | 16     | 17:01   | 126.20 | 16:46:18 | 7:58  | 7           | 3:36:29      | 17    | 3:36:29 |
| VP22 - Rudow        | 4.90  | 44:13   | 9:01   | 4           | 11:13        | 10     | 11:13   | 131.10 | 17:30:31 | 8:00  | 7           | 3:47:42      | 17    | 3:47:42 |
| VP23 - Johannistl   | 5.90  | 48:53   | 8:17   | 3           | 9:42         | 6      | 9:42    | 137.00 | 18:19:24 | 8:01  | 5           | 3:57:24      | 13    | 3:57:24 |
| VP24 - Dammwe       | 5.70  | 54:56   | 9:38   | 3           | 14:04        | 13     | 14:04   | 142.70 | 19:14:20 | 8:05  | 4           | 4:10:18      | 12    | 4:10:18 |
| VP25 - East Side    | 5.80  | 1:15:55 | 13:05  | 9           | 29:24        | 40     | 31:05   | 148.50 | 20:30:15 | 8:17  | 6           | 4:38:05      | 14    | 4:38:05 |
| VP26 - Checkpoir    | 5.28  | 47:08   | 8:55   | 7           | 16:55        | 30     | 16:55   | 153.78 | 21:17:23 | 8:18  | 7           | 4:55:00      | 16    | 4:55:00 |
| VP27 - Gedenkst.    | 3.32  | 1:06:46 | 20:06  | 9           | 39:28        | 51     | 39:28   | 157.10 | 22:24:09 | 8:33  | 7           | 5:34:28      | 17    | 5:34:28 |
| Friedrich-Ludwig    | 4.60  | 1:08:53 | 14:58  | 10          | 38:14        | 50     | 1:08:53 | -      | 23:33:02 | -     | 7           | 6:12:42      | 20    | 6:12:42 |