



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

## Exploitation détaillée

Laufklub Berlin

Temps total: 15:34:31

Dossard: 1023

Vitesse: 10.34 km/h

Kilométrage: 5:46 min/km

Circuit: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (104) Place par parcours: 15 (de 31)

Meilleur temps dans le parcours: 12:19:11

Catégorie:

Place par catégorie: 15(de 31)

10Plus-Staffel / 10plus relay

Meilleur temps dans la catégorie: 12:19:11

### Temps intermédiaires

### Résultats d'étape

### Résultat total

| Poste               | Etape |       | Etape  |       | Place |       | Retard |        | Total    |        | Total |         | Place |         | Retard |  |
|---------------------|-------|-------|--------|-------|-------|-------|--------|--------|----------|--------|-------|---------|-------|---------|--------|--|
|                     | km    | Temps | min/km | catg. | catg. | Total | Total  | km     | Temps    | min/km | catg. | catg.   | Total | Total   |        |  |
| VP1 - Checkpoint    | 8.60  | 50:16 | 5:50   | 11    | 9:43  | 11    | 9:43   | 8.60   | 50:16    | 5:50   | 11    | 9:43    | 11    | 9:43    |        |  |
| VP2 - East Side G   | 4.80  | 22:44 | 4:44   | 7     | 3:13  | 7     | 3:13   | 13.40  | 1:13:00  | 5:26   | 9     | 12:43   | 9     | 12:43   |        |  |
| VP3 - Dammweg       | 5.80  | 40:45 | 7:01   | 23    | 16:15 | 23    | 16:15  | 19.20  | 1:53:45  | 5:55   | 15    | 28:58   | 15    | 28:58   |        |  |
| VP4 - Johannisth    | 5.70  | 33:39 | 5:54   | 19    | 11:16 | 19    | 11:16  | 24.90  | 2:27:24  | 5:55   | 16    | 40:14   | 16    | 40:14   |        |  |
| VP5 - Imbiß "Am     | 9.50  | 58:32 | 6:09   | 21    | 17:02 | 21    | 17:02  | 34.40  | 3:25:56  | 5:59   | 16    | 53:43   | 16    | 53:43   |        |  |
| VP6 - Buckow        | 4.50  | 26:56 | 5:59   | 12    | 7:36  | 12    | 7:36   | 38.90  | 3:52:52  | 5:59   | 15    | 58:31   | 15    | 58:31   |        |  |
| Poste               | 7.60  | 48:33 | 6:23   | 20    | 17:02 | 20    | 17:02  | 46.50  | 4:41:25  | 6:03   | 15    | 1:09:06 | 15    | 1:09:06 |        |  |
| VP8 - Osdorfer St   | 6.30  | 45:08 | 7:09   | 28    | 17:07 | 28    | 17:07  | 52.80  | 5:26:33  | 6:11   | 20    | 1:25:10 | 20    | 1:25:10 |        |  |
| VP9 - Sportplatz    | 6.50  | 53:09 | 8:10   | 31    | 24:57 | 31    | 24:57  | 59.30  | 6:19:42  | 6:24   | 23    | 1:48:53 | 23    | 1:48:53 |        |  |
| VP10 - Königswe     | 6.20  | 52:03 | 8:23   | 31    | 25:26 | 31    | 25:26  | 65.50  | 7:11:45  | 6:35   | 26    | 2:08:07 | 26    | 2:08:07 |        |  |
| VP11 - Gedenkst     | 6.80  | 38:52 | 5:42   | 12    | 10:54 | 12    | 10:54  | 72.30  | 7:50:37  | 6:30   | 24    | 2:07:53 | 24    | 2:07:53 |        |  |
| VP12 - Brauhaus     | 6.90  | 35:09 | 5:05   | 10    | 5:52  | 10    | 5:52   | 79.20  | 8:25:46  | 6:23   | 24    | 2:11:15 | 24    | 2:11:15 |        |  |
| VP13 - Revierförs   | 5.70  | 29:38 | 5:11   | 7     | 4:45  | 7     | 4:45   | 84.90  | 8:55:24  | 6:18   | 23    | 2:12:58 | 23    | 2:12:58 |        |  |
| VP14 - Schloss S    | 6.30  | 34:31 | 5:28   | 12    | 6:24  | 12    | 6:24   | 91.20  | 9:29:55  | 6:14   | 23    | 2:15:19 | 23    | 2:15:19 |        |  |
| VP15 - Pagel & Fi   | 7.60  | 42:06 | 5:32   | 14    | 10:23 | 14    | 10:23  | 98.80  | 10:12:01 | 6:11   | 21    | 2:17:36 | 21    | 2:17:36 |        |  |
| VP16 - Karolinenl   | 4.90  | 23:31 | 4:47   | 3     | 2:25  | 3     | 2:25   | 103.70 | 10:35:32 | 6:07   | 21    | 2:20:01 | 21    | 2:20:01 |        |  |
| VP17 - Falkensee    | 6.50  | 30:51 | 4:44   | 2     | 0:54  | 2     | 0:54   | 110.20 | 11:06:23 | 6:02   | 20    | 2:20:55 | 20    | 2:20:55 |        |  |
| VP18 - Schönwal     | 5.80  | 26:15 | 4:31   | 3     | 1:44  | 3     | 1:44   | 116.00 | 11:32:38 | 5:58   | 19    | 2:21:17 | 19    | 2:21:17 |        |  |
| VP19 - Grenzturn    | 7.30  | 41:51 | 5:43   | 14    | 10:21 | 14    | 10:21  | 123.30 | 12:14:29 | 5:57   | 17    | 2:31:38 | 17    | 2:31:38 |        |  |
| VP20 - Rudercluk    | 4.80  | 27:28 | 5:43   | 12    | 6:55  | 12    | 6:55   | 128.10 | 12:41:57 | 5:56   | 17    | 2:38:33 | 17    | 2:38:33 |        |  |
| VP21 - Frohnau      | 4.10  | 22:16 | 5:25   | 13    | 4:09  | 13    | 4:09   | 132.20 | 13:04:13 | 5:55   | 17    | 2:42:42 | 17    | 2:42:42 |        |  |
| VP22 - Naturschu    | 6.40  | 35:56 | 5:36   | 11    | 10:57 | 11    | 10:57  | 138.60 | 13:40:09 | 5:55   | 16    | 2:53:39 | 16    | 2:53:39 |        |  |
| VP23 - Oranienbu    | 4.50  | 26:34 | 5:54   | 14    | 7:37  | 14    | 7:37   | 143.10 | 14:06:43 | 5:55   | 16    | 3:01:16 | 16    | 3:01:16 |        |  |
| VP24 - Laufftreff l | 5.30  | 31:35 | 5:57   | 19    | 10:06 | 19    | 10:06  | 148.40 | 14:38:18 | 5:55   | 16    | 3:11:22 | 16    | 3:11:22 |        |  |
| VP25 - Wilhelmsr    | 5.70  | 24:25 | 4:17   | 2     | 1:28  | 2     | 1:28   | 154.10 | 15:02:43 | 5:51   | 16    | 3:12:50 | 16    | 3:12:50 |        |  |
| VP26 - Wollankst    | 3.10  | 13:58 | 4:30   | 5     | 2:14  | 5     | 2:14   | 157.20 | 15:16:41 | 5:49   | 16    | 3:13:59 | 16    | 3:13:59 |        |  |
| Friedrich-Ludwig    | 4.20  | 17:50 | 4:14   | 3     | 1:21  | 3     | 1:21   | 161.90 | 15:34:31 | 5:46   | 15    | 3:15:20 | 15    | 3:15:20 |        |  |