



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 11.08.2018-12.08.2018

## Exploitation détaillée

### 2. Berlin Runners 10+ Läufer mit Herzzeitmessung Temps total: 18:41:40

Dossard: 1003

Vitesse: 8.61 km/h

Kilométrage: 6:56 min/km

Circuit: 161.90 km

100MeilenBerlin - Berlin Wall Race 100 Miles (104)  
Place par parcours: 29 (de 31)

Meilleur temps dans le parcours: 12:19:11

Catégorie:

Place par catégorie: 29(de 31)

10Plus-Staffel / 10plus relay

Meilleur temps dans la catégorie: 12:19:11

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