



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Exploitation détaillée

Ludwig, Heiko

Association: memler.de

Dossard: 330

Circuit: 161.90 km

100MeilenBerlin

Catégorie:

Senioren M55 (55-59 Jahre)

Temps total: 21:47:14

Vitesse: 7.39 km/h

Kilométrage: 8:04 min/km

Place par parcours/Total: 92 (de 397)

Place par parcours/Hommes: 79 (de 313)

Meilleur temps dans le parcours: 13:17:41

Place par catégorie: 11(de 50)

Meilleur temps dans la catégorie: 18:35:32

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 - Checkpoint | 8.60 | 1:07:44 | 7:52 | 43 | 18:21 | 258 | 23:36 | 8.60 | 1:07:44 | 7:52 | 43 | 18:21 | 258 | 23:36 |
| VP2 - East Side C | 4.80 | 29:16 | 6:05 | 15 | 4:30 | 116 | 8:13 | 13.40 | 1:37:00 | 7:14 | 33 | 22:51 | 212 | 31:46 |
| VP3 - Dammweg | 5.80 | 39:29 | 6:48 | 20 | 4:56 | 135 | 10:17 | 19.20 | 2:16:29 | 7:06 | 31 | 27:47 | 197 | 41:38 |
| VP4 - Johannisth | 5.70 | 38:23 | 6:44 | 25 | 6:41 | 173 | 13:51 | 24.90 | 2:54:52 | 7:01 | 29 | 34:17 | 186 | 55:10 |
| VP5 - Imbiß "Am | 9.50 | 1:03:41 | 6:42 | 17 | 9:00 | 126 | 22:09 | 34.40 | 3:58:33 | 6:56 | 24 | 43:17 | 169 | 1:17:16 |
| VP6 - Buckow | 4.50 | 32:27 | 7:12 | 18 | 5:53 | 127 | 11:51 | 38.90 | 4:31:00 | 6:57 | 23 | 49:10 | 162 | 1:29:07 |
| Poste | 7.60 | 50:11 | 6:36 | 7 | 5:24 | 75 | 16:09 | 46.50 | 5:21:11 | 6:54 | 20 | 54:34 | 146 | 1:45:16 |
| VP8 - Osdorfer St | 6.30 | 1:07:16 | 10:40 | 50 | 30:29 | 305 | 39:50 | 52.80 | 6:28:27 | 7:21 | 29 | 1:24:06 | 197 | 2:25:06 |
| VP9 - Sportplatz | 6.50 | 46:55 | 7:13 | 5 | 9:09 | 64 | 25:28 | 59.30 | 7:15:22 | 7:20 | 26 | 1:27:18 | 174 | 2:40:31 |
| VP10 - Königswe | 6.20 | 46:45 | 7:32 | 15 | 6:33 | 125 | 17:20 | 65.50 | 8:02:07 | 7:21 | 25 | 1:30:26 | 160 | 2:57:51 |
| VP11 - Gedenkst | 6.80 | 53:13 | 7:49 | 15 | 28:54 | 111 | 28:54 | 72.30 | 8:55:20 | 7:24 | 22 | 1:34:21 | 148 | 3:16:58 |
| VP12 - Brauhaus | 6.90 | 51:16 | 7:25 | 8 | 5:38 | 76 | 18:09 | 79.20 | 9:46:36 | 7:24 | 20 | 1:33:38 | 137 | 3:35:07 |
| VP13 - Revierförs | 5.70 | 45:51 | 8:02 | 9 | 5:12 | 104 | 15:48 | 84.90 | 10:32:27 | 7:26 | 20 | 1:36:10 | 136 | 3:50:55 |
| VP14 - Schloss S | 6.30 | 1:13:49 | 11:43 | 29 | 28:31 | 203 | 42:22 | 91.20 | 11:46:16 | 7:44 | 21 | 2:04:41 | 141 | 4:33:17 |
| VP15 - Pagel & Fi | 7.60 | 56:45 | 7:28 | 8 | 6:23 | 65 | 19:03 | 98.80 | 12:43:01 | 7:43 | 19 | 2:07:12 | 132 | 4:52:20 |
| VP16 - Karolinenl | 4.90 | 40:53 | 8:20 | 4 | 2:55 | 65 | 15:18 | 103.70 | 13:23:54 | 7:45 | 18 | 2:03:15 | 124 | 5:07:38 |
| VP17 - Falkensee | 6.50 | 52:10 | 8:01 | 10 | 6:01 | 74 | 19:39 | 110.20 | 14:16:04 | 7:46 | 17 | 2:02:37 | 120 | 5:27:17 |
| VP18 - Schönwal | 5.80 | 47:58 | 8:16 | 8 | 8:25 | 81 | 18:53 | 116.00 | 15:04:02 | 7:47 | 16 | 2:09:16 | 113 | 5:46:10 |
| VP19 - Grenzturn | 7.30 | 31:23 | 4:17 | 1 | - | 2 | 3:17 | 123.30 | 15:35:25 | 7:35 | 11 | 1:48:49 | 81 | 5:38:46 |
| VP20 - Rudercluk | 4.80 | 1:13:06 | 15:13 | 37 | 38:31 | 256 | 48:46 | 128.10 | 16:48:31 | 7:52 | 15 | 2:27:20 | 99 | 6:27:32 |
| VP21 - Frohnau | 4.10 | 45:52 | 11:11 | 24 | 12:10 | 117 | 23:13 | 132.20 | 17:34:23 | 7:58 | 16 | 2:39:30 | 100 | 6:50:45 |
| VP22 - Naturschu | 6.40 | 54:54 | 8:34 | 5 | 6:51 | 79 | 21:42 | 138.60 | 18:29:17 | 8:00 | 15 | 2:46:21 | 97 | 7:12:27 |
| VP23 - Oranienbu | 4.50 | 40:57 | 9:06 | 7 | 6:53 | 63 | 16:00 | 143.10 | 19:10:14 | 8:02 | 13 | 2:53:14 | 91 | 7:28:27 |
| VP24 - Laufftreff l | 5.30 | 47:18 | 8:55 | 8 | 7:52 | 62 | 19:04 | 148.40 | 19:57:32 | 8:04 | 12 | 3:00:14 | 87 | 7:47:31 |
| VP25 - Wilhelmsr | 5.70 | 44:57 | 7:53 | 4 | 2:18 | 33 | 14:56 | 154.10 | 20:42:29 | 8:03 | 12 | 3:02:32 | 81 | 8:02:27 |
| VP26 - Wollankst | 3.10 | 27:54 | 9:00 | 5 | 2:56 | 59 | 10:47 | 157.20 | 21:10:23 | 8:04 | 11 | 3:05:28 | 79 | 8:13:14 |
| Friedrich-Ludwig | 4.20 | 36:51 | 8:46 | 18 | 9:54 | 145 | 17:05 | 161.90 | 21:47:14 | 8:04 | 11 | 3:11:42 | 80 | 8:29:33 |