



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Exploitation détaillée

Witte, Lars

Association: VfR Wilsche-Neubokel

Dossard: 450

Circuit: 161.90 km

100MeilenBerlin

Catégorie:

Senioren M45 (45-49 Jahre)

Temps total: 22:53:47

Vitesse: 7.03 km/h

Kilométrage: 8:29 min/km

Place par parcours/Total: 140 (de 397)

Place par parcours/Hommes: 123 (de 313)

Meilleur temps dans le parcours: 13:17:41

Place par catégorie: 30(de 70)

Meilleur temps dans la catégorie: 16:22:32

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 | 1:01:55 | 7:11 | 45 | 17:41 | 184 | 17:47 | 8.60 | 1:01:55 | 7:11 | 45 | 17:41 | 184 | 17:47 |
| VP2 - East Side C | 4.80 | 30:09 | 6:16 | 39 | 9:04 | 153 | 9:06 | 13.40 | 1:32:04 | 6:52 | 43 | 26:45 | 171 | 26:50 |
| VP3 - Dammweg | 5.80 | 40:50 | 7:02 | 40 | 11:02 | 171 | 11:38 | 19.20 | 2:12:54 | 6:55 | 42 | 37:47 | 170 | 38:03 |
| VP4 - Johannisth | 5.70 | 38:07 | 6:41 | 39 | 11:25 | 166 | 13:35 | 24.90 | 2:51:01 | 6:52 | 41 | 49:12 | 169 | 51:19 |
| VP5 - Imbiß "Am | 9.50 | 1:08:58 | 7:15 | 49 | 21:36 | 198 | 27:26 | 34.40 | 3:59:59 | 6:58 | 42 | 1:10:48 | 175 | 1:18:42 |
| VP6 - Buckow | 4.50 | 31:19 | 6:57 | 23 | 8:04 | 94 | 10:43 | 38.90 | 4:31:18 | 6:58 | 41 | 1:18:52 | 169 | 1:29:25 |
| Poste | 7.60 | 53:12 | 7:00 | 30 | 12:30 | 127 | 19:10 | 46.50 | 5:24:30 | 6:58 | 39 | 1:31:19 | 157 | 1:48:35 |
| VP8 - Osdorfer St | 6.30 | 47:02 | 7:27 | 36 | 13:23 | 158 | 19:36 | 52.80 | 6:11:32 | 7:02 | 39 | 1:44:42 | 162 | 2:08:11 |
| VP9 - Sportplatz | 6.50 | 56:56 | 8:45 | 36 | 22:22 | 163 | 35:29 | 59.30 | 7:08:28 | 7:13 | 33 | 2:07:04 | 152 | 2:33:37 |
| VP10 - Königswe | 6.20 | 45:20 | 7:18 | 26 | 9:17 | 100 | 15:55 | 65.50 | 7:53:48 | 7:14 | 30 | 2:16:21 | 137 | 2:49:32 |
| VP11 - Gedenkst | 6.80 | 55:07 | 8:06 | 37 | 14:54 | 146 | 30:48 | 72.30 | 8:48:55 | 7:18 | 30 | 2:30:21 | 133 | 3:10:33 |
| VP12 - Brauhaus | 6.90 | 54:19 | 7:52 | 25 | 12:59 | 113 | 21:12 | 79.20 | 9:43:14 | 7:21 | 29 | 2:39:02 | 133 | 3:31:45 |
| VP13 - Revierförs | 5.70 | 46:44 | 8:11 | 29 | 12:05 | 115 | 16:41 | 84.90 | 10:29:58 | 7:25 | 29 | 2:13:23 | 131 | 3:48:26 |
| VP14 - Schloss S | 6.30 | 1:18:35 | 12:28 | 54 | 41:00 | 232 | 47:08 | 91.20 | 11:48:33 | 7:46 | 34 | 2:48:50 | 143 | 4:35:34 |
| VP15 - Pagel & Fi | 7.60 | 1:01:31 | 8:05 | 26 | 14:44 | 115 | 23:49 | 98.80 | 12:50:04 | 7:47 | 32 | 3:01:27 | 137 | 4:59:23 |
| VP16 - Karolinenl | 4.90 | 44:09 | 9:00 | 24 | 12:07 | 101 | 18:34 | 103.70 | 13:34:13 | 7:51 | 31 | 3:13:34 | 132 | 5:17:57 |
| VP17 - Falkensee | 6.50 | 57:59 | 8:55 | 33 | 15:40 | 149 | 25:28 | 110.20 | 14:32:12 | 7:54 | 31 | 3:29:14 | 132 | 5:43:25 |
| VP18 - Schönwal | 5.80 | 52:17 | 9:00 | 29 | 16:22 | 122 | 23:12 | 116.00 | 15:24:29 | 7:58 | 31 | 3:45:36 | 130 | 6:06:37 |
| VP19 - Grenzturn | 7.30 | 1:06:27 | 9:06 | 23 | 20:05 | 98 | 38:21 | 123.30 | 16:30:56 | 8:02 | 28 | 4:05:41 | 124 | 6:34:17 |
| VP20 - Rudercluk | 4.80 | 47:48 | 9:57 | 33 | 18:27 | 143 | 23:28 | 128.10 | 17:18:44 | 8:06 | 28 | 4:24:08 | 121 | 6:57:45 |
| VP21 - Frohnau | 4.10 | 48:46 | 11:53 | 29 | 22:59 | 137 | 26:07 | 132.20 | 18:07:30 | 8:13 | 28 | 4:47:07 | 123 | 7:23:52 |
| VP22 - Naturschu | 6.40 | 1:00:34 | 9:27 | 34 | 20:09 | 138 | 27:22 | 138.60 | 19:08:04 | 8:16 | 29 | 5:07:16 | 126 | 7:51:14 |
| VP23 - Oranienbu | 4.50 | 48:16 | 10:43 | 32 | 19:58 | 148 | 23:19 | 143.10 | 19:56:20 | 8:21 | 29 | 5:27:14 | 124 | 8:14:33 |
| VP24 - Laufftreff l | 5.30 | 52:53 | 9:58 | 31 | 20:26 | 125 | 24:39 | 148.40 | 20:49:13 | 8:25 | 30 | 5:47:40 | 124 | 8:39:12 |
| VP25 - Wilhelmsr | 5.70 | 53:31 | 9:23 | 25 | 17:44 | 95 | 23:30 | 154.10 | 21:42:44 | 8:27 | 29 | 6:05:24 | 121 | 9:02:42 |
| VP26 - Wollankst | 3.10 | 34:44 | 11:12 | 38 | 14:20 | 167 | 17:37 | 157.20 | 22:17:28 | 8:30 | 30 | 6:19:44 | 123 | 9:20:19 |
| Friedrich-Ludwig | 4.20 | 36:19 | 8:38 | 33 | 11:40 | 139 | 16:33 | 161.90 | 22:53:47 | 8:29 | 30 | 6:31:15 | 124 | 9:36:06 |