



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Exploitation détaillée

**Boss, Thomas**

Association: Ahrensburg

Dossard: 298

Circuit: 161.90 km

100MeilenBerlin

Catégorie:

Senioren M40 (40-44 Jahre)

Temps total: 23:15:53

Vitesse: 6.92 km/h

Kilométrage: 8:37 min/km

Place par parcours/Total: 166 (de 397)

Place par parcours/Hommes: 144 (de 313)

Meilleur temps dans le parcours: 13:17:41

Place par catégorie: 20(de 38)

Meilleur temps dans la catégorie: 15:13:41

### 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     | 1:00:22     | 7:01         | 23                | 16:14        | 156        | 16:14       | 8.60           | 1:00:22     | 7:01         | 23          | 16:14        | 156        | 16:14       |
| VP2 - East Side G   | 4.80     | 29:53       | 6:13         | 21                | 8:41         | 132        | 8:50        | 13.40          | 1:30:15     | 6:44         | 23          | 24:55        | 156        | 25:01       |
| VP3 - Dammweg       | 5.80     | 40:24       | 6:57         | 22                | 10:35        | 150        | 11:12       | 19.20          | 2:10:39     | 6:48         | 23          | 35:30        | 159        | 35:48       |
| VP4 - Johannisth    | 5.70     | 43:51       | 7:41         | 34                | 17:35        | 273        | 19:19       | 24.90          | 2:54:30     | 7:00         | 24          | 53:05        | 183        | 54:48       |
| VP5 - Imbiß "Am     | 9.50     | 1:05:44     | 6:55         | 23                | 21:33        | 155        | 24:12       | 34.40          | 4:00:14     | 6:59         | 25          | 1:14:38      | 176        | 1:18:57     |
| VP6 - Buckow        | 4.50     | 33:21       | 7:24         | 23                | 11:44        | 152        | 12:45       | 38.90          | 4:33:35     | 7:01         | 25          | 1:26:22      | 175        | 1:31:42     |
| Poste               | 7.60     | 53:47       | 7:04         | 21                | 17:08        | 135        | 19:45       | 46.50          | 5:27:22     | 7:02         | 24          | 1:43:30      | 169        | 1:51:27     |
| VP8 - Osdorfer St   | 6.30     | 42:23       | 6:43         | 13                | 12:10        | 82         | 14:57       | 52.80          | 6:09:45     | 7:00         | 23          | 1:55:40      | 153        | 2:06:24     |
| VP9 - Sportplatz    | 6.50     | 1:00:52     | 9:21         | 21                | 28:40        | 194        | 39:25       | 59.30          | 7:10:37     | 7:15         | 25          | 2:24:20      | 163        | 2:35:46     |
| VP10 - Königswe     | 6.20     | 47:46       | 7:42         | 19                | 15:16        | 138        | 18:21       | 65.50          | 7:58:23     | 7:18         | 23          | 2:39:36      | 154        | 2:54:07     |
| VP11 - Gedenkst     | 6.80     | 57:37       | 8:28         | 27                | 22:31        | 186        | 33:18       | 72.30          | 8:56:00     | 7:24         | 22          | 3:02:07      | 151        | 3:17:38     |
| VP12 - Brauhaus     | 6.90     | 58:42       | 8:30         | 24                | 20:08        | 171        | 25:35       | 79.20          | 9:54:42     | 7:30         | 21          | 3:22:15      | 148        | 3:43:13     |
| VP13 - Revierförs   | 5.70     | 47:51       | 8:23         | 20                | 15:25        | 131        | 17:48       | 84.90          | 10:42:33    | 7:34         | 21          | 3:37:40      | 145        | 4:01:01     |
| VP14 - Schloss S    | 6.30     | 1:06:35     | 10:34        | 22                | 32:59        | 167        | 35:08       | 91.20          | 11:49:08    | 7:46         | 21          | 4:10:39      | 145        | 4:36:09     |
| VP15 - Pagel & Fi   | 7.60     | 1:03:46     | 8:23         | 22                | 22:27        | 146        | 26:04       | 98.80          | 12:52:54    | 7:49         | 21          | 4:33:06      | 140        | 5:02:13     |
| VP16 - Karolinenl   | 4.90     | 49:29       | 10:05        | 24                | 18:36        | 173        | 23:54       | 103.70         | 13:42:23    | 7:55         | 20          | 4:51:42      | 139        | 5:26:07     |
| VP17 - Falkensee    | 6.50     | 54:31       | 8:23         | 11                | 17:19        | 97         | 22:00       | 110.20         | 14:36:54    | 7:57         | 20          | 5:09:01      | 140        | 5:48:07     |
| VP18 - Schönwal     | 5.80     | 1:00:19     | 10:23        | 27                | 28:04        | 198        | 31:14       | 116.00         | 15:37:13    | 8:04         | 20          | 5:36:09      | 147        | 6:19:21     |
| VP19 - Grenzturn    | 7.30     | 1:05:15     | 8:56         | 12                | 18:14        | 87         | 37:09       | 123.30         | 16:42:28    | 8:07         | 19          | 5:51:04      | 135        | 6:45:49     |
| VP20 - Rudercluk    | 4.80     | 46:50       | 9:45         | 19                | 17:50        | 137        | 22:30       | 128.10         | 17:29:18    | 8:11         | 19          | 6:08:54      | 133        | 7:08:19     |
| VP21 - Frohnau      | 4.10     | 58:42       | 14:19        | 26                | 31:08        | 207        | 36:03       | 132.20         | 18:28:00    | 8:22         | 20          | 6:34:13      | 142        | 7:44:22     |
| VP22 - Naturschu    | 6.40     | 57:03       | 8:54         | 15                | 21:06        | 105        | 23:51       | 138.60         | 19:25:03    | 8:24         | 20          | 6:54:55      | 143        | 8:08:13     |
| VP23 - Oranienbu    | 4.50     | 45:09       | 10:01        | 15                | 16:29        | 104        | 20:12       | 143.10         | 20:10:12    | 8:27         | 20          | 7:11:24      | 138        | 8:28:25     |
| VP24 - Laufftreff l | 5.30     | 52:24       | 9:53         | 15                | 21:13        | 115        | 24:10       | 148.40         | 21:02:36    | 8:30         | 20          | 7:28:31      | 138        | 8:52:35     |
| VP25 - Wilhelmsr    | 5.70     | 54:21       | 9:32         | 14                | 18:27        | 104        | 24:20       | 154.10         | 21:56:57    | 8:32         | 19          | 7:44:47      | 135        | 9:16:55     |
| VP26 - Wollankst    | 3.10     | 37:36       | 12:07        | 25                | 18:53        | 213        | 20:29       | 157.20         | 22:34:33    | 8:37         | 19          | 7:46:44      | 140        | 9:37:24     |
| Friedrich-Ludwig    | 4.20     | 41:20       | 9:50         | 28                | 17:37        | 197        | 21:34       | 161.90         | 23:15:53    | 8:37         | 20          | 8:02:12      | 145        | 9:58:12     |