



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Exploitation détaillée

**Bogacz, Rico**

Association: 100 Marathon Club

Dossard: 34

Circuit: 161.90 km

100MeilenBerlin

Catégorie:

Senioren M30 (30-34 Jahre)

Temps total: 20:51:38

Vitesse: 7.72 km/h

Kilométrage: 7:44 min/km

Place par parcours/Total: 69 (de 397)

Place par parcours/Hommes: 57 (de 313)

Meilleur temps dans le parcours: 13:17:41

Place par catégorie: 4(de 11)

Meilleur temps dans la catégorie: 13:17:41

### Temps intermédiaires

### Résultats d'étape

### Résultat total

| Poste               | Etape |         | Place | Retard | Etape  |       | Place | Retard | Total      |        | Place | Retard  | Total |         |
|---------------------|-------|---------|-------|--------|--------|-------|-------|--------|------------|--------|-------|---------|-------|---------|
|                     | km    | Temps   |       |        | min/km | catg. |       |        | catg.Homme | Hommes |       |         | km    | Temps   |
| VP1 - Checkpoint    | 8.60  | 53:54   | 6:16  | 4      | 9:42   | 46    | 9:46  | 8.60   | 53:54      | 6:16   | 4     | 9:42    | 46    | 9:46    |
| VP2 - East Side G   | 4.80  | 25:24   | 5:17  | 5      | 4:14   | 33    | 4:21  | 13.40  | 1:19:18    | 5:55   | 4     | 13:53   | 41    | 14:04   |
| VP3 - Dammweg       | 5.80  | 34:41   | 5:58  | 5      | 5:29   | 40    | 5:29  | 19.20  | 1:53:59    | 5:56   | 4     | 19:08   | 42    | 19:08   |
| VP4 - Johannisth    | 5.70  | 32:27   | 5:41  | 5      | 7:55   | 40    | 7:55  | 24.90  | 2:26:26    | 5:52   | 4     | 26:41   | 41    | 26:44   |
| VP5 - Imbiß "Am     | 9.50  | 55:36   | 5:51  | 5      | 14:04  | 35    | 14:04 | 34.40  | 3:22:02    | 5:52   | 4     | 40:45   | 35    | 40:45   |
| VP6 - Buckow        | 4.50  | 27:05   | 6:01  | 4      | 6:29   | 30    | 6:29  | 38.90  | 3:49:07    | 5:53   | 4     | 47:14   | 34    | 47:14   |
| Poste               | 7.60  | 43:46   | 5:45  | 6      | 9:44   | 24    | 9:44  | 46.50  | 4:32:53    | 5:52   | 4     | 56:58   | 30    | 56:58   |
| VP8 - Osdorfer St   | 6.30  | 37:00   | 5:52  | 3      | 9:34   | 21    | 9:34  | 52.80  | 5:09:53    | 5:52   | 4     | 1:06:32 | 28    | 1:06:32 |
| VP9 - Sportplatz    | 6.50  | 39:25   | 6:03  | 4      | 17:46  | 21    | 17:58 | 59.30  | 5:49:18    | 5:53   | 4     | 1:14:27 | 28    | 1:14:27 |
| VP10 - Königswe     | 6.20  | 43:24   | 7:00  | 4      | 13:59  | 65    | 13:59 | 65.50  | 6:32:42    | 5:59   | 5     | 1:28:26 | 30    | 1:28:26 |
| VP11 - Gedenkst     | 6.80  | 52:46   | 7:45  | 5      | 18:40  | 106   | 28:27 | 72.30  | 7:25:28    | 6:09   | 5     | 1:47:06 | 39    | 1:47:06 |
| VP12 - Brauhaus     | 6.90  | 57:21   | 8:18  | 8      | 24:14  | 158   | 24:14 | 79.20  | 8:22:49    | 6:20   | 5     | 2:11:20 | 42    | 2:11:20 |
| VP13 - Revierförs   | 5.70  | 50:41   | 8:53  | 7      | 20:38  | 175   | 20:38 | 84.90  | 9:13:30    | 6:31   | 5     | 2:31:58 | 45    | 2:31:58 |
| VP14 - Schloss S    | 6.30  | 54:02   | 8:34  | 5      | 22:35  | 81    | 22:35 | 91.20  | 10:07:32   | 6:39   | 5     | 2:54:33 | 50    | 2:54:33 |
| VP15 - Pagel & F    | 7.60  | 1:02:20 | 8:12  | 8      | 24:38  | 131   | 24:38 | 98.80  | 11:09:52   | 6:46   | 5     | 3:19:11 | 51    | 3:19:11 |
| VP16 - Karolinenl   | 4.90  | 45:36   | 9:18  | 6      | 20:01  | 123   | 20:01 | 103.70 | 11:55:28   | 6:53   | 5     | 3:39:12 | 53    | 3:39:12 |
| VP17 - Falkensee    | 6.50  | 59:17   | 9:07  | 8      | 26:46  | 162   | 26:46 | 110.20 | 12:54:45   | 7:01   | 5     | 4:05:58 | 56    | 4:05:58 |
| VP18 - Schönwal     | 5.80  | 52:32   | 9:03  | 6      | 23:27  | 127   | 23:27 | 116.00 | 13:47:17   | 7:07   | 5     | 4:29:25 | 55    | 4:29:25 |
| VP19 - Grenzturn    | 7.30  | 1:14:17 | 10:10 | 7      | 46:11  | 164   | 46:11 | 123.30 | 15:01:34   | 7:18   | 4     | 5:04:55 | 59    | 5:04:55 |
| VP20 - Rudercluk    | 4.80  | 46:07   | 9:36  | 7      | 21:47  | 128   | 21:47 | 128.10 | 15:47:41   | 7:23   | 4     | 5:26:42 | 59    | 5:26:42 |
| VP21 - Frohnau      | 4.10  | 40:00   | 9:45  | 5      | 17:21  | 56    | 17:21 | 132.20 | 16:27:41   | 7:28   | 4     | 5:44:03 | 57    | 5:44:03 |
| VP22 - Naturschu    | 6.40  | 59:51   | 9:21  | 6      | 26:39  | 132   | 26:39 | 138.60 | 17:27:32   | 7:33   | 4     | 6:10:42 | 61    | 6:10:42 |
| VP23 - Oranienbu    | 4.50  | 41:18   | 9:10  | 5      | 16:21  | 65    | 16:21 | 143.10 | 18:08:50   | 7:36   | 4     | 6:27:03 | 60    | 6:27:03 |
| VP24 - Laufftreff l | 5.30  | 49:14   | 9:17  | 5      | 21:00  | 78    | 21:00 | 148.40 | 18:58:04   | 7:40   | 4     | 6:48:03 | 60    | 6:48:03 |
| VP25 - Wilhelmsr    | 5.70  | 52:54   | 9:16  | 6      | 22:53  | 87    | 22:53 | 154.10 | 19:50:58   | 7:43   | 4     | 7:10:56 | 59    | 7:10:56 |
| VP26 - Wollankst    | 3.10  | 28:19   | 9:08  | 5      | 11:12  | 70    | 11:12 | 157.20 | 20:19:17   | 7:45   | 4     | 7:22:08 | 58    | 7:22:08 |
| Friedrich-Ludwig    | 4.20  | 32:21   | 7:42  | 6      | 12:35  | 97    | 12:35 | 161.90 | 20:51:38   | 7:43   | 4     | 7:33:57 | 58    | 7:33:57 |