



# 100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detalizēti rezultāti

**LIETZ, Ralf**

Klubs: Wildeshauser Laufftreff

Numurs: 34

Posms: 161.70 km

100MeilenBerlin

Grupa:

Senioren M55 (55-59 Jahre)

Kopējais laiks: 23:46:45

Ātrums: 6.80 km/h

Skrējiena izpildījums: 8:49 min/km

Vieta distancē/Kopā: 246 (no 459)

Vieta distancē/Vīrieši: 148 (no 302)

Distances labākais laiks: 13:39:56

Vieta grupā: 16(no 46)

Grupas labākais laiks: 13:39:56

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

| Kontrolpunkts      | Posma rezultāts |             |              | Vietāztrūkums:Vietāztrūkums |       |         |         | Kopējais rezultāts |            |             | Vietāztrūkums:Vietāztrūkums |          |         |          |
|--------------------|-----------------|-------------|--------------|-----------------------------|-------|---------|---------|--------------------|------------|-------------|-----------------------------|----------|---------|----------|
|                    | Posma km        | Posma Laiks | Posma min/km | grupā                       | grupā | Vīrieši | Vīrieši | Kopā km            | Kopā Laiks | Kopā min/km | grupā                       | grupā    | Vīrieši | Vīrieši  |
| VP1 - Wilhelmsru   | 6.94            | 51:58       | 7:29         | 33                          | 20:57 | 249     | 20:57   | 6.94               | 51:58      | 7:29        | 33                          | 20:57    | 249     | 20:57    |
| VP2 - Laufftreff L | 5.69            | 38:08       | 6:42         | 11                          | 14:03 | 141     | 14:03   | 12.63              | 1:30:06    | 7:08        | 21                          | 35:00    | 194     | 35:00    |
| VP3 - Oranienbur   | 5.74            | 38:30       | 6:42         | 20                          | 14:24 | 178     | 14:24   | 18.37              | 2:08:36    | 7:00        | 20                          | 49:24    | 191     | 49:24    |
| VP4 - Naturschut   | 4.70            | 35:36       | 7:34         | 18                          | 13:10 | 163     | 13:10   | 23.07              | 2:44:12    | 7:07        | 19                          | 1:02:34  | 180     | 1:02:34  |
| VP5 - Frohnau      | 6.80            | 47:41       | 7:00         | 23                          | 18:46 | 185     | 18:46   | 29.87              | 3:31:53    | 7:05        | 20                          | 1:21:20  | 181     | 1:21:20  |
| VP6 - Ruderclub    | 4.06            | 32:19       | 7:57         | 16                          | 14:09 | 144     | 14:12   | 33.93              | 4:04:12    | 7:11        | 17                          | 1:35:29  | 173     | 1:35:29  |
| VP7 - Grenzturm    | 4.75            | 36:24       | 7:39         | 26                          | 14:41 | 187     | 14:41   | 38.68              | 4:40:36    | 7:15        | 18                          | 1:50:10  | 174     | 1:50:10  |
| VP8 - Schönwald    | 7.52            | 53:49       | 7:09         | 15                          | 17:35 | 163     | 17:59   | 46.20              | 5:34:25    | 7:14        | 17                          | 2:07:45  | 171     | 2:07:45  |
| VP9 - Falkenseer   | 5.76            | 46:24       | 8:03         | 15                          | 17:36 | 147     | 18:04   | 51.96              | 6:20:49    | 7:19        | 17                          | 2:25:21  | 168     | 2:25:21  |
| VP10 - Karolinenl  | 6.54            | 54:43       | 8:21         | 21                          | 22:31 | 175     | 22:31   | 58.50              | 7:15:32    | 7:26        | 18                          | 2:47:52  | 167     | 2:47:52  |
| VP11 - Pagel & Fi  | 4.90            | 42:39       | 8:42         | 21                          | 19:36 | 176     | 19:36   | 63.40              | 7:58:11    | 7:32        | 19                          | 3:07:28  | 170     | 3:07:28  |
| VP12 - Schloss S   | 7.62            | 1:14:51     | 9:49         | 20                          | 37:58 | 188     | 37:58   | 71.02              | 9:13:02    | 7:47        | 20                          | 3:45:26  | 174     | 3:45:26  |
| VP13 - Revierförs  | 6.21            | 54:28       | 8:46         | 18                          | 25:38 | 182     | 25:38   | 77.23              | 10:07:30   | 7:51        | 20                          | 4:11:04  | 176     | 4:11:04  |
| VP14 - Brauhaus    | 6.00            | 49:52       | 8:18         | 14                          | 21:19 | 160     | 21:19   | 83.23              | 10:57:22   | 7:53        | 19                          | 4:32:23  | 175     | 4:32:23  |
| VP15 - Gedenkst.   | 6.90            | 1:04:04     | 9:17         | 21                          | 31:09 | 201     | 31:09   | 90.13              | 12:01:26   | 8:00        | 18                          | 5:03:32  | 176     | 5:03:32  |
| VP16 - Königswe    | 6.87            | 1:09:15     | 10:04        | 17                          | 34:30 | 162     | 34:30   | 97.00              | 13:10:41   | 8:09        | 18                          | 5:38:02  | 171     | 5:38:02  |
| VP17 - Sportplatz  | 6.20            | 1:08:43     | 11:05        | 14                          | 34:58 | 127     | 34:58   | 103.20             | 14:19:24   | 8:19        | 18                          | 6:13:00  | 167     | 6:13:00  |
| VP18 - Osdorfer    | 6.50            | 58:30       | 9:00         | 13                          | 21:46 | 133     | 24:03   | 109.70             | 15:17:54   | 8:22        | 18                          | 6:34:46  | 167     | 6:34:46  |
| VP19 - Lichtenra   | 5.70            | 57:25       | 10:04        | 13                          | 21:28 | 136     | 23:15   | 115.40             | 16:15:19   | 8:27        | 17                          | 6:56:14  | 160     | 6:56:14  |
| VP20 - Kirchhain   | 4.37            | 41:11       | 9:25         | 15                          | 22:21 | 150     | 22:21   | 119.77             | 16:56:30   | 8:29        | 17                          | 7:18:35  | 159     | 7:18:35  |
| VP21 - Buckow      | 6.43            | 1:05:26     | 10:10        | 16                          | 31:50 | 155     | 31:50   | 126.20             | 18:01:56   | 8:34        | 17                          | 7:50:25  | 159     | 7:50:25  |
| VP22 - Rudow       | 4.90            | 45:49       | 9:21         | 8                           | 19:50 | 101     | 19:50   | 131.10             | 18:47:45   | 8:36        | 17                          | 8:10:15  | 160     | 8:10:15  |
| VP23 - Johannistl  | 5.90            | 56:23       | 9:33         | 11                          | 24:48 | 98      | 24:48   | 137.00             | 19:44:08   | 8:38        | 16                          | 8:35:03  | 152     | 8:35:03  |
| VP24 - Dammwe      | 5.70            | 53:12       | 9:20         | 10                          | 21:32 | 85      | 22:01   | 142.70             | 20:37:20   | 8:40        | 16                          | 8:56:35  | 147     | 8:56:35  |
| VP25 - East Side   | 5.80            | 59:56       | 10:20        | 8                           | 20:28 | 75      | 22:59   | 148.50             | 21:37:16   | 8:44        | 16                          | 9:17:03  | 148     | 9:17:03  |
| VP26 - Checkpoir   | 5.28            | 42:01       | 7:57         | 12                          | 17:58 | 105     | 20:28   | 153.78             | 22:19:17   | 8:42        | 16                          | 9:35:01  | 150     | 9:35:01  |
| VP27 - Gedenkst.   | 3.32            | 45:42       | 13:45        | 15                          | 18:55 | 110     | 21:05   | 157.10             | 23:04:59   | 8:48        | 16                          | 9:53:56  | 148     | 9:53:56  |
| Friedrich-Ludwig   | 4.60            | 41:46       | 9:04         | 9                           | 12:53 | 86      | 17:34   | 161.70             | 23:46:45   | 8:49        | 16                          | 10:06:49 | 148     | 10:06:49 |