



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detalizēti rezultāti

AOKI, HIDEKO

Klubs: AOHIDEKIKIIPPATU

Numurs: 424

Posms: 161.90 km

100MeilenBerlin

Grupa:

Seniorinnen W50 (50-54 Jahre)

Kopējais laiks: 23:46:48

Ātrums: 6.77 km/h

Skrējiena izpildījums: 8:49 min/km

Vieta distancē/Kopā: 208 (no 397)

Vieta distancē/Sievietes: 29 (no 84)

Distances labākais laiks: 15:29:48

Vieta grupā: 5(no 19)

Grupas labākais laiks: 19:38:15

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

Kontrolpunkts	Posma		Vietāztrūkums: Vietāztrūkums				Kopā		Vietāztrūkums: Vietāztrūkums					
	km	Laiks	min/km	grupā	grupā	Sievietes	Sievietes	km	Laiks	min/km	grupā	grupā	Sievietes	Sievietes
VP1 - Checkpoint	8.60	1:09:51	8:07	16	14:59	70	20:47	8.60	1:09:51	8:07	16	14:59	70	20:47
VP2 - East Side G	4.80	34:36	7:12	10	4:43	55	9:49	13.40	1:44:27	7:47	13	19:24	65	30:36
VP3 - Dammweg	5.80	43:48	7:33	7	5:45	40	12:05	19.20	2:28:15	7:43	10	25:09	52	42:41
VP4 - Johannisth	5.70	43:46	7:40	10	8:17	55	13:31	24.90	3:12:01	7:42	10	31:33	54	56:12
VP5 - Imbiß "Am	9.50	1:15:59	7:59	10	13:27	52	23:59	34.40	4:28:00	7:47	9	44:25	51	1:20:11
VP6 - Buckow	4.50	36:35	8:07	6	4:41	39	11:13	38.90	5:04:35	7:49	9	48:21	50	1:31:24
Kontrolpunkts	7.60	59:06	7:46	6	7:50	42	16:43	46.50	6:03:41	7:49	8	56:11	48	1:48:07
VP8 - Osdorfer St	6.30	47:21	7:30	3	3:54	26	11:54	52.80	6:51:02	7:47	7	1:00:05	46	2:00:01
VP9 - Sportplatz	6.50	1:06:18	10:11	9	22:38	49	30:28	59.30	7:57:20	8:02	7	1:22:43	44	2:30:29
VP10 - Königswe	6.20	46:12	7:27	3	2:06	18	11:28	65.50	8:43:32	7:59	6	1:24:49	40	2:41:57
VP11 - Gedenkst	6.80	1:03:46	9:22	10	13:01	51	25:02	72.30	9:47:18	8:07	7	1:37:50	42	3:06:59
VP12 - Brauhaus	6.90	1:10:07	10:09	9	18:28	57	30:52	79.20	10:57:25	8:18	7	1:56:18	44	3:37:51
VP13 - Revierförs	5.70	45:44	8:01	2	3:56	16	11:51	84.90	11:43:09	8:16	6	2:00:14	39	3:49:30
VP14 - Schloss S	6.30	1:19:48	12:39	10	28:22	55	42:48	91.20	13:02:57	8:35	5	2:28:36	39	4:32:18
VP15 - Pagel & Fi	7.60	1:00:39	7:58	3	6:21	21	17:05	98.80	14:03:36	8:32	5	2:34:57	38	4:49:23
VP16 - Karolinenl	4.90	55:43	11:22	9	20:03	49	27:03	103.70	14:59:19	8:40	6	2:55:00	40	5:16:26
VP17 - Falkensee	6.50	1:06:13	10:11	6	20:06	43	28:32	110.20	16:05:32	8:45	6	3:15:06	39	5:44:58
VP18 - Schönwal	5.80	47:13	8:08	2	5:49	15	13:25	116.00	16:52:45	8:43	6	3:20:55	39	5:58:23
VP19 - Grenzturn	7.30	1:00:52	8:20	2	6:07	13	16:51	123.30	17:53:37	8:42	5	3:27:02	34	6:15:14
VP20 - Rudercluk	4.80	41:02	8:32	2	4:06	14	19:51	128.10	18:34:39	8:42	5	3:31:08	32	6:27:53
VP21 - Frohnau	4.10	56:21	13:44	9	15:25	44	33:03	132.20	19:31:00	8:51	6	3:46:33	35	7:00:56
VP22 - Naturschu	6.40	48:43	7:36	2	0:51	6	10:38	138.60	20:19:43	8:48	5	3:47:24	32	7:11:34
VP23 - Oranienbu	4.50	45:25	10:05	5	9:55	25	17:15	143.10	21:05:08	8:50	4	3:57:19	28	7:28:49
VP24 - Laufftreff l	5.30	50:37	9:33	2	11:26	16	17:41	148.40	21:55:45	8:51	4	4:08:45	28	7:46:30
VP25 - Wilhelmsr	5.70	49:40	8:42	2	1:08	13	14:19	154.10	22:45:25	8:51	4	4:07:55	27	8:00:49
VP26 - Wollankst	3.10	28:27	9:10	3	3:27	18	8:43	157.20	23:13:52	8:52	4	4:08:30	28	8:09:13
Friedrich-Ludwig	4.20	32:56	7:50	3	4:28	20	8:03	161.90	23:46:48	8:48	5	4:08:33	29	8:17:00