



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## evaluación detallada

**Coper, Sven**

Asociación: Berlin

Dorsal: 61

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M55 (55-59 Jahre)

tiempo total: 26:02:00

velocidad: 6.18 km/h

rendimiento en carrera: 9:43 min/km

posición en el recorrido/Total: 129 (de 221)

posición en el recorrido/Men: 115 (de 193)

mejor tiempo del recorrido: 15:53:45

posición en la categoría: 13(de 28)

mejor tiempo en la categoría: 17:43:34

## tiempos parciales

## stage score

## Total score

| control          | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | retraso |          |         | Total   |        |          |          |         |          |         |          |
|------------------|-------------|-----------------|------------------------|---------|----------|---------|---------|--------|----------|----------|---------|----------|---------|----------|
|                  |             |                 |                        | retraso | posición | retraso | km      | tiempo | min/km   | posición | retraso | posición | retraso |          |
|                  |             |                 |                        | Men     | Men      | Men     | Men     | Men    | Men      | Men      | Men     | Men      | Men     | Men      |
| km 6,28 Gedenk   | 6.28        | 45:06           | 7:10                   | 19      | 9:07     | 140     | 11:46   | 6.28   | 45:06    | 7:10     | 19      | 9:07     | 140     | 11:46    |
| km 11,32 Behms   | 5.04        | 33:58           | 6:44                   | 17      | 6:11     | 126     | 9:16    | 11.32  | 1:19:04  | 6:59     | 18      | 11:10    | 133     | 21:02    |
| km 22,10 Lübars  | 10.78       | 1:15:52         | 7:02                   | 19      | 24:56    | 144     | 24:56   | 22.10  | 2:34:56  | 7:00     | 18      | 35:42    | 129     | 41:45    |
| km 32,52 Naturs  | 10.42       | 1:15:56         | 7:17                   | 13      | 23:47    | 118     | 24:10   | 32.52  | 3:50:52  | 7:05     | 15      | 59:29    | 125     | 1:01:22  |
| km 43,36 Ruderc  | 10.84       | 1:26:19         | 7:57                   | 15      | 33:31    | 133     | 33:31   | 43.36  | 5:17:11  | 7:18     | 14      | 1:33:00  | 128     | 1:33:00  |
| km 55,35 Schönv  | 11.99       | 1:48:21         | 9:02                   | 20      | 47:20    | 172     | 48:04   | 55.35  | 7:05:32  | 7:41     | 17      | 2:20:20  | 146     | 2:21:04  |
| km 68,07 Garten  | 12.72       | 1:59:41         | 9:24                   | 17      | 45:48    | 141     | 46:44   | 68.07  | 9:05:13  | 8:00     | 17      | 3:06:08  | 142     | 3:07:04  |
| km 80,53 Schloß  | 12.46       | 2:35:13         | 12:27                  | 25      | 1:17:10  | 176     | 1:24:10 | 80.53  | 11:40:26 | 8:41     | 19      | 4:23:18  | 153     | 4:23:18  |
| km 99,65 Geden   | 19.12       | 3:32:26         | 11:06                  | 20      | 1:47:43  | 156     | 1:47:43 | 99.65  | 15:12:52 | 9:09     | 20      | 5:57:50  | 151     | 5:57:50  |
| km 112,75 Sport  | 13.10       | 2:20:10         | 10:41                  | 11      | 49:36    | 109     | 2:13:18 | 112.75 | 17:33:02 | 9:20     | 15      | 6:47:26  | 142     | 6:56:33  |
| km 124,92 Lichte | 12.17       | 2:01:10         | 9:57                   | 6       | 34:06    | 48      | 42:24   | 124.92 | 19:34:12 | 9:23     | 14      | 7:21:32  | 132     | 7:37:22  |
| km 134,98 Buck   | 10.06       | 1:35:27         | 9:29                   | 6       | 18:38    | 73      | 37:58   | 134.98 | 21:09:39 | 9:24     | 13      | 7:40:10  | 123     | 8:08:56  |
| Test             | 9.89        | 2:11:58         | 13:20                  | 15      | 54:15    | 122     | 1:09:11 | 144.87 | 23:21:37 | 9:40     | 14      | 8:34:25  | 118     | 9:17:44  |
| Stadion Lobeckst | 16.01       | 2:40:23         | 10:01                  | 5       | 33:21    | 55      | 50:31   | 160.90 | 26:02:00 | 9:42     | 13      | 8:18:26  | 115     | 10:08:15 |