



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## evaluación detallada

**Snauwaert, Rafael**

Asociación: geen

Dorsal: 163

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 23:47:16

velocidad: 6.73 km/h

rendimiento en carrera: 8:52 min/km

posición en el recorrido/Total: 107 (de 221)

posición en el recorrido/Men: 96 (de 193)

mejor tiempo del recorrido: 15:53:45

posición en la categoría: 26(de 52)

mejor tiempo en la categoría: 18:08:24

## 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   |      |     |         |     |         |
|                  |             |                 | retraso                | posición | retraso  | Men     | Men     | Men    | Men      | Men  | Men |         |     |         |
| km 6,28 Gedenk   | 6.28        | 42:19           | 6:44                   | 25       | 6:07     | 97      | 8:59    | 6.28   | 42:19    | 6:44 | 25  | 6:07    | 97  | 8:59    |
| km 11,32 Behms   | 5.04        | 33:01           | 6:33                   | 23       | 5:12     | 113     | 8:19    | 11.32  | 1:15:20  | 6:39 | 26  | 8:37    | 108 | 17:18   |
| km 22,10 Lübars  | 10.78       | 1:27:39         | 8:07                   | 49       | 31:52    | 186     | 36:43   | 22.10  | 2:42:59  | 7:22 | 42  | 38:40   | 165 | 49:48   |
| km 32,52 Naturs  | 10.42       | 1:23:42         | 8:01                   | 43       | 26:04    | 164     | 31:56   | 32.52  | 4:06:41  | 7:35 | 42  | 1:04:14 | 165 | 1:17:11 |
| km 43,36 Ruderc  | 10.84       | 1:23:21         | 7:41                   | 26       | 23:18    | 112     | 30:33   | 43.36  | 5:30:02  | 7:36 | 40  | 1:27:06 | 151 | 1:45:51 |
| km 55,35 Schönv  | 11.99       | 1:32:20         | 7:42                   | 30       | 25:10    | 113     | 32:03   | 55.35  | 7:02:22  | 7:37 | 41  | 1:52:16 | 144 | 2:17:54 |
| km 68,07 Garten  | 12.72       | 1:55:05         | 9:02                   | 37       | 34:16    | 126     | 42:08   | 68.07  | 8:57:27  | 7:53 | 38  | 2:26:32 | 137 | 2:59:18 |
| km 80,53 Schloß  | 12.46       | 2:04:14         | 9:58                   | 31       | 43:19    | 126     | 53:11   | 80.53  | 11:01:41 | 8:12 | 37  | 3:09:51 | 132 | 3:44:33 |
| km 99,65 Geden   | 19.12       | 2:37:10         | 8:13                   | 21       | 33:32    | 72      | 52:27   | 99.65  | 13:38:51 | 8:13 | 29  | 3:43:23 | 115 | 4:23:49 |
| km 112,75 Sport  | 13.10       | 1:54:51         | 8:46                   | 14       | 21:24    | 53      | 1:47:59 | 112.75 | 15:33:42 | 8:16 | 28  | 4:04:47 | 104 | 4:57:13 |
| km 124,92 Lichte | 12.17       | 2:06:22         | 10:23                  | 18       | 40:53    | 63      | 47:36   | 124.92 | 17:40:04 | 8:29 | 28  | 4:37:05 | 100 | 5:43:14 |
| km 134,98 Buck   | 10.06       | 1:36:39         | 9:36                   | 26       | 19:38    | 77      | 39:10   | 134.98 | 19:16:43 | 8:34 | 29  | 4:42:40 | 99  | 6:16:00 |
| Test             | 9.89        | 1:53:54         | 11:31                  | 29       | 33:13    | 87      | 51:07   | 144.87 | 21:10:37 | 8:46 | 28  | 5:11:05 | 98  | 7:06:44 |
| Stadion Lobeckst | 16.01       | 2:36:39         | 9:47                   | 19       | 35:04    | 46      | 46:47   | 160.90 | 23:47:16 | 8:52 | 26  | 5:38:52 | 96  | 7:53:31 |