



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

evaluación detallada

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Asociación: LG Mauerweg Berlin e.V.

Dorsal: 47

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 26:15:44

velocidad: 6.09 km/h

rendimiento en carrera: 9:47 min/km

posición en el recorrido/Total: 131 (de 221)

posición en el recorrido/Men: 117 (de 193)

mejor tiempo del recorrido: 15:53:45

posición en la categoría: 35(de 52)

mejor tiempo en la categoría: 18:08:24

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | | Total | | | | | | | |
|------------------|-------------|-----------------|------------------------|---------|----------|---------|---------|--------|----------|------|----|---------|-----|----------|
| | | | | retraso | posición | retraso | km | tiempo | min/km | | | | | |
| km 6,28 Gedenk | 6.28 | 44:13 | 7:02 | 31 | 8:01 | 129 | 10:53 | 6.28 | 44:13 | 7:02 | 31 | 8:01 | 129 | 10:53 |
| km 11,32 Behms | 5.04 | 31:38 | 6:16 | 16 | 3:49 | 82 | 6:56 | 11.32 | 1:15:51 | 6:42 | 29 | 9:08 | 120 | 17:49 |
| km 22,10 Lübars | 10.78 | 1:08:10 | 6:19 | 20 | 12:23 | 78 | 17:14 | 22.10 | 2:24:01 | 6:30 | 23 | 19:42 | 88 | 30:50 |
| km 32,52 Naturs | 10.42 | 1:13:19 | 7:02 | 23 | 15:41 | 101 | 21:33 | 32.52 | 3:37:20 | 6:40 | 23 | 34:53 | 90 | 47:50 |
| km 43,36 Ruderc | 10.84 | 1:23:59 | 7:44 | 28 | 23:56 | 117 | 31:11 | 43.36 | 5:01:19 | 6:56 | 25 | 58:23 | 98 | 1:17:08 |
| km 55,35 Schönv | 11.99 | 1:32:02 | 7:40 | 29 | 24:52 | 110 | 31:45 | 55.35 | 6:33:21 | 7:06 | 24 | 1:23:15 | 98 | 1:48:53 |
| km 68,07 Garten | 12.72 | 2:00:09 | 9:26 | 41 | 39:20 | 145 | 47:12 | 68.07 | 8:33:30 | 7:32 | 26 | 2:02:35 | 108 | 2:35:21 |
| km 80,53 Schloß | 12.46 | 1:57:23 | 9:25 | 24 | 36:28 | 107 | 46:20 | 80.53 | 10:30:53 | 7:50 | 28 | 2:39:03 | 109 | 3:13:45 |
| km 99,65 Geden | 19.12 | 2:59:59 | 9:24 | 33 | 56:21 | 118 | 1:15:16 | 99.65 | 13:30:52 | 8:08 | 28 | 3:35:24 | 110 | 4:15:50 |
| km 112,75 Sport | 13.10 | 2:06:59 | 9:41 | 28 | 33:32 | 89 | 2:00:07 | 112.75 | 15:37:51 | 8:19 | 29 | 4:08:56 | 108 | 5:01:22 |
| km 124,92 Lichte | 12.17 | 3:11:27 | 15:43 | 45 | 1:45:58 | 162 | 1:52:41 | 124.92 | 18:49:18 | 9:02 | 33 | 5:46:19 | 117 | 6:52:28 |
| km 134,98 Buck | 10.06 | 1:41:21 | 10:04 | 31 | 24:20 | 88 | 43:52 | 134.98 | 20:30:39 | 9:07 | 34 | 5:56:36 | 118 | 7:29:56 |
| Test | 9.89 | 2:36:56 | 15:52 | 42 | 1:16:15 | 150 | 1:34:09 | 144.87 | 23:07:35 | 9:34 | 35 | 7:08:03 | 115 | 9:03:42 |
| Stadion Lobeckst | 16.01 | 3:08:09 | 11:45 | 34 | 1:06:34 | 111 | 1:18:17 | 160.90 | 26:15:44 | 9:47 | 35 | 8:07:20 | 117 | 10:21:59 |