



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## evaluación detallada

**Kelbel, Joe**

Asociación: marathon4you.de

Dorsal: 5

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 26:48:14

velocidad: 5.97 km/h

rendimiento en carrera: 10:00 min/km

posición en el recorrido/Total: 137 (de 221)

posición en el recorrido/Men: 122 (de 193)

mejor tiempo del recorrido: 15:53:45

posición en la categoría: 18(de 35)

mejor tiempo en la categoría: 17:53:12

## 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        | 45:10           | 7:11                   | 28      | 8:57     | 141     | 11:50   | 6.28   | 45:10    | 7:11     | 28      | 8:57     | 141     | 11:50    |
| km 11,32 Behms   | 5.04        | 33:47           | 6:42                   | 25      | 6:41     | 122     | 9:05    | 11.32  | 1:18:57  | 6:58     | 27      | 12:54    | 131     | 20:55    |
| km 22,10 Lübars  | 10.78       | 1:16:03         | 7:03                   | 25      | 19:20    | 146     | 25:07   | 22.10  | 2:35:00  | 7:00     | 25      | 29:07    | 130     | 41:49    |
| km 32,52 Naturs  | 10.42       | 1:23:11         | 7:58                   | 29      | 26:54    | 159     | 31:25   | 32.52  | 3:58:11  | 7:19     | 27      | 56:01    | 147     | 1:08:41  |
| km 43,36 Ruderc  | 10.84       | 1:39:57         | 9:13                   | 31      | 40:11    | 173     | 47:09   | 43.36  | 5:38:08  | 7:47     | 30      | 1:34:34  | 160     | 1:53:57  |
| km 55,35 Schönv  | 11.99       | 1:34:30         | 7:52                   | 24      | 28:51    | 120     | 34:13   | 55.35  | 7:12:38  | 7:48     | 28      | 2:02:05  | 153     | 2:28:10  |
| km 68,07 Garten  | 12.72       | 1:54:03         | 8:57                   | 23      | 38:37    | 124     | 41:06   | 68.07  | 9:06:41  | 8:01     | 25      | 2:40:08  | 144     | 3:08:32  |
| km 80,53 Schloß  | 12.46       | 2:02:01         | 9:47                   | 21      | 44:59    | 119     | 50:58   | 80.53  | 11:08:42 | 8:18     | 25      | 3:25:07  | 140     | 3:51:34  |
| km 99,65 Geden   | 19.12       | 3:08:23         | 9:51                   | 24      | 1:15:20  | 129     | 1:23:40 | 99.65  | 14:17:05 | 8:36     | 24      | 4:21:16  | 132     | 5:02:03  |
| km 112,75 Sport  | 13.10       | 2:39:26         | 12:10                  | 21      | 1:11:47  | 131     | 2:32:34 | 112.75 | 16:56:31 | 9:00     | 22      | 5:06:06  | 134     | 6:20:02  |
| km 124,92 Lichte | 12.17       | 2:22:03         | 11:40                  | 21      | 46:35    | 119     | 1:03:17 | 124.92 | 19:18:34 | 9:16     | 21      | 5:39:09  | 126     | 7:21:44  |
| km 134,98 Buck   | 10.06       | 2:17:26         | 13:39                  | 28      | 1:05:55  | 150     | 1:19:57 | 134.98 | 21:36:00 | 9:36     | 21      | 6:45:04  | 131     | 8:35:17  |
| Test             | 9.89        | 2:08:24         | 12:58                  | 17      | 59:30    | 114     | 1:05:37 | 144.87 | 23:44:24 | 9:49     | 18      | 7:44:34  | 123     | 9:40:31  |
| Stadion Lobeckst | 16.01       | 3:03:50         | 11:28                  | 15      | 1:10:28  | 99      | 1:13:58 | 160.90 | 26:48:14 | 9:59     | 18      | 8:55:02  | 122     | 10:54:29 |