



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## evaluación detallada

**MEWES, Michael**

Asociación: SAFO Frankfurt

Dorsal: 62

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 27:30:47

velocidad: 5.85 km/h

rendimiento en carrera: 10:16 min/km

posición en el recorrido/Total: 147 (de 221)

posición en el recorrido/Men: 132 (de 193)

mejor tiempo del recorrido: 15:53:45

posición en la categoría: 38(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   |       |    |         |     |          |
| km 6,28 Gedenk   | 6.28        | 38:09           | 6:04                   | 11      | 1:57     | 34      | 4:49    | 6.28   | 38:09    | 6:04  | 11 | 1:57    | 34  | 4:49     |
| km 11,32 Behms   | 5.04        | 29:22           | 5:49                   | 6       | 1:33     | 33      | 4:40    | 11.32  | 1:07:31  | 5:57  | 3  | 0:48    | 20  | 9:29     |
| km 22,10 Lübars  | 10.78       | 1:04:50         | 6:00                   | 13      | 9:03     | 51      | 13:54   | 22.10  | 2:12:21  | 5:59  | 12 | 8:02    | 45  | 19:10    |
| km 32,52 Naturs  | 10.42       | 1:05:52         | 6:19                   | 13      | 8:14     | 49      | 14:06   | 32.52  | 3:18:13  | 6:05  | 13 | 15:46   | 47  | 28:43    |
| km 43,36 Ruderc  | 10.84       | 1:30:48         | 8:22                   | 41      | 30:45    | 148     | 38:00   | 43.36  | 4:49:01  | 6:39  | 17 | 46:05   | 76  | 1:04:50  |
| km 55,35 Schönv  | 11.99       | 1:42:03         | 8:30                   | 42      | 34:53    | 152     | 41:46   | 55.35  | 6:31:04  | 7:03  | 23 | 1:20:58 | 97  | 1:46:36  |
| km 68,07 Garten  | 12.72       | 2:05:27         | 9:51                   | 46      | 44:38    | 162     | 52:30   | 68.07  | 8:36:31  | 7:35  | 29 | 2:05:36 | 114 | 2:38:22  |
| km 80,53 Schloß  | 12.46       | 2:13:26         | 10:42                  | 39      | 52:31    | 147     | 1:02:23 | 80.53  | 10:49:57 | 8:04  | 32 | 2:58:07 | 124 | 3:32:49  |
| km 99,65 Geden   | 19.12       | 3:29:17         | 10:56                  | 42      | 1:25:39  | 153     | 1:44:34 | 99.65  | 14:19:14 | 8:37  | 38 | 4:23:46 | 137 | 5:04:12  |
| km 112,75 Sport  | 13.10       | 2:59:24         | 13:41                  | 43      | 1:25:57  | 153     | 2:52:32 | 112.75 | 17:18:38 | 9:12  | 38 | 5:49:43 | 139 | 6:42:09  |
| km 124,92 Lichte | 12.17       | 2:29:28         | 12:16                  | 35      | 1:03:59  | 136     | 1:10:42 | 124.92 | 19:48:06 | 9:30  | 38 | 6:45:07 | 136 | 7:51:16  |
| km 134,98 Buck   | 10.06       | 2:08:59         | 12:49                  | 41      | 51:58    | 145     | 1:11:30 | 134.98 | 21:57:05 | 9:45  | 38 | 7:23:02 | 137 | 8:56:22  |
| Test             | 9.89        | 2:18:03         | 13:57                  | 39      | 57:22    | 133     | 1:15:16 | 144.87 | 24:15:08 | 10:02 | 38 | 8:15:36 | 130 | 10:11:15 |
| Stadion Lobeckst | 16.01       | 3:15:39         | 12:13                  | 40      | 1:14:04  | 133     | 1:25:47 | 160.90 | 27:30:47 | 10:15 | 38 | 9:22:23 | 132 | 11:37:02 |