



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## evaluación detallada

**Hloucal, Stephan**

Asociación: DUV - Erfurt

Dorsal: 151

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M60 (60-64 Jahre)

tiempo total: 28:23:06

velocidad: 5.67 km/h

rendimiento en carrera: 10:35 min/km

posición en el recorrido/Total: 155 (de 221)

posición en el recorrido/Men: 138 (de 193)

mejor tiempo del recorrido: 15:53:45

posición en la categoría: 9(de 11)

mejor tiempo en la categoría: 20:42:27

## tiempos parciales

## stage score

## Total score

| control          | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | retraso |          |     | Total   |        |          |       |    |         |     |          |
|------------------|-------------|-----------------|------------------------|---------|----------|-----|---------|--------|----------|-------|----|---------|-----|----------|
|                  |             |                 |                        | retraso | posición | Men | km      | tiempo | posición | Men   |    |         |     |          |
| km 6,28 Gedenk   | 6.28        | 45:51           | 7:18                   | 10      | 4:10     | 154 | 12:31   | 6.28   | 45:51    | 7:18  | 10 | 4:10    | 154 | 12:31    |
| km 11,32 Behms   | 5.04        | 36:54           | 7:19                   | 9       | 5:50     | 173 | 12:12   | 11.32  | 1:22:45  | 7:18  | 9  | 9:52    | 165 | 24:43    |
| km 22,10 Lübars  | 10.78       | 1:15:59         | 7:02                   | 7       | 5:24     | 145 | 25:03   | 22.10  | 2:38:44  | 7:10  | 8  | 13:57   | 156 | 45:33    |
| km 32,52 Naturs  | 10.42       | 1:21:21         | 7:48                   | 7       | 8:44     | 148 | 29:35   | 32.52  | 4:00:05  | 7:22  | 7  | 22:41   | 152 | 1:10:35  |
| km 43,36 Ruderc  | 10.84       | 1:28:30         | 8:09                   | 7       | 16:19    | 138 | 35:42   | 43.36  | 5:28:35  | 7:34  | 7  | 36:05   | 149 | 1:44:24  |
| km 55,35 Schönv  | 11.99       | 1:44:22         | 8:42                   | 8       | 22:52    | 159 | 44:05   | 55.35  | 7:12:57  | 7:49  | 7  | 54:37   | 154 | 2:28:29  |
| km 68,07 Garten  | 12.72       | 2:04:48         | 9:48                   | 8       | 33:05    | 160 | 51:51   | 68.07  | 9:17:45  | 8:11  | 8  | 1:18:23 | 152 | 3:19:36  |
| km 80,53 Schloß  | 12.46       | 2:08:50         | 10:20                  | 9       | 34:54    | 140 | 57:47   | 80.53  | 11:26:35 | 8:31  | 9  | 1:53:17 | 148 | 4:09:27  |
| km 99,65 Geden   | 19.12       | 3:32:38         | 11:07                  | 10      | 1:19:17  | 157 | 1:47:55 | 99.65  | 14:59:13 | 9:01  | 9  | 2:56:48 | 149 | 5:44:11  |
| km 112,75 Sport  | 13.10       | 2:36:36         | 11:57                  | 9       | 2:29:44  | 128 | 2:29:44 | 112.75 | 17:35:49 | 9:21  | 9  | 3:49:46 | 144 | 6:59:20  |
| km 124,92 Lichte | 12.17       | 3:16:06         | 16:06                  | 10      | 1:28:22  | 163 | 1:57:20 | 124.92 | 20:51:55 | 10:01 | 10 | 5:07:08 | 148 | 8:55:05  |
| km 134,98 Buck   | 10.06       | 2:10:20         | 12:57                  | 9       | 43:34    | 146 | 1:12:51 | 134.98 | 23:02:15 | 10:14 | 10 | 5:50:40 | 148 | 10:01:32 |
| Test             | 9.89        | 2:13:42         | 13:31                  | 9       | 50:30    | 126 | 1:10:55 | 144.87 | 25:15:57 | 10:27 | 10 | 6:41:10 | 142 | 11:12:04 |
| Stadion Lobeckst | 16.01       | 3:07:09         | 11:41                  | 7       | 59:29    | 108 | 1:17:17 | 160.90 | 28:23:06 | 10:35 | 9  | 7:40:39 | 138 | 12:29:21 |