



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## evaluación detallada

**Junker, Gerd**

Asociación: 100 Marathon Club

Dorsal: 69

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M55 (55-59 Jahre)

tiempo total: 29:42:39

velocidad: 5.42 km/h

rendimiento en carrera: 11:05 min/km

posición en el recorrido/Total: 180 (de 221)

posición en el recorrido/Men: 156 (de 193)

mejor tiempo del recorrido: 15:53:45

posición en la categoría: 20(de 28)

mejor tiempo en la categoría: 17:43:34

## tiempos parciales

## stage score

## Total score

| control          | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | retraso |          |         | Total   |          |          |       |    |          |     |          |
|------------------|-------------|-----------------|------------------------|---------|----------|---------|---------|----------|----------|-------|----|----------|-----|----------|
|                  |             |                 |                        | retraso | posición | retraso | retraso | posición | retraso  |       |    |          |     |          |
|                  |             |                 |                        | Men     | Men      | Men     | Men     | Men      | Men      | Men   |    |          |     |          |
| km 6,28 Gedenk   | 6.28        | 41:49           | 6:39                   | 9       | 5:50     | 79      | 8:29    | 6.28     | 41:49    | 6:39  | 9  | 5:50     | 79  | 8:29     |
| km 11,32 Behms   | 5.04        | 31:05           | 6:10                   | 8       | 3:18     | 72      | 6:23    | 11.32    | 1:12:54  | 6:26  | 9  | 5:00     | 82  | 14:52    |
| km 22,10 Lübars  | 10.78       | 1:14:10         | 6:52                   | 17      | 23:14    | 124     | 23:14   | 22.10    | 2:27:04  | 6:39  | 13 | 27:50    | 109 | 33:53    |
| km 32,52 Naturs  | 10.42       | 1:38:30         | 9:27                   | 25      | 46:21    | 190     | 46:44   | 32.52    | 4:05:34  | 7:33  | 24 | 1:14:11  | 162 | 1:16:04  |
| km 43,36 Ruderc  | 10.84       | 1:31:55         | 8:28                   | 20      | 39:07    | 153     | 39:07   | 43.36    | 5:37:29  | 7:46  | 23 | 1:53:18  | 157 | 1:53:18  |
| km 55,35 Schönv  | 11.99       | 1:56:13         | 9:41                   | 25      | 55:12    | 185     | 55:56   | 55.35    | 7:33:42  | 8:11  | 25 | 2:48:30  | 173 | 2:49:14  |
| km 68,07 Garten  | 12.72       | 3:25:10         | 16:07                  | 26      | 2:11:17  | 185     | 2:12:13 | 68.07    | 10:58:52 | 9:40  | 26 | 4:59:47  | 185 | 5:00:43  |
| km 80,53 Schloß  | 12.46       | 1:33:53         | 7:32                   | 4       | 15:50    | 34      | 22:50   | 80.53    | 12:32:45 | 9:20  | 24 | 5:15:37  | 176 | 5:15:37  |
| km 99,65 Geden   | 19.12       | 3:40:24         | 11:31                  | 22      | 1:55:41  | 166     | 1:55:41 | 99.65    | 16:13:09 | 9:45  | 23 | 6:58:07  | 171 | 6:58:07  |
| km 112,75 Sport  | 13.10       | 2:53:02         | 13:12                  | 16      | 1:22:28  | 144     | 2:46:10 | 112.75   | 19:06:11 | 10:09 | 22 | 8:20:35  | 162 | 8:29:42  |
| km 124,92 Lichte | 12.17       | 2:21:04         | 11:35                  | 14      | 54:00    | 117     | 1:02:18 | 124.92   | 21:27:15 | 10:18 | 20 | 9:14:35  | 157 | 9:30:25  |
| km 134,98 Buck   | 10.06       | 2:18:07         | 13:43                  | 20      | 1:01:18  | 153     | 1:20:38 | 134.98   | 23:45:22 | 10:33 | 20 | 10:15:53 | 157 | 10:44:39 |
| Test             | 9.89        | 2:18:27         | 13:59                  | 19      | 1:00:44  | 134     | 1:15:40 | 144.87   | 26:03:49 | 10:47 | 20 | 11:16:37 | 152 | 11:59:56 |
| Stadion Lobeckst | 16.01       | 3:38:50         | 13:40                  | 19      | 1:31:48  | 152     | 1:48:58 | 160.90   | 29:42:39 | 11:04 | 20 | 11:59:05 | 156 | 13:48:54 |