



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

evaluación detallada

Lauftreff Bärenbrücke Berlin e.V.

Asociación: Lauftreff Bärenbrücke Berlin e.V.

Dorsal: 4004

recorrido: 160.90 km

100MeilenBerlin

categoría:

Staffel 4x 40km

tiempo total: 19:43:01

velocidad: 8.11 km/h

rendimiento en carrera: 7:21 min/km

posición en el recorrido/Total: 9 (de 12)

posición en el recorrido/Total: 9 (de 12)

mejor tiempo del recorrido: 13:23:57

posición en la categoría: 8(de 10)

mejor tiempo en la categoría: 14:43:38

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | stage score | | | Total score | | | | | | | |
|------------------|-------------|-----------------|------------------------|-------------|---------|---------|-------------|--------|----------|---------|---------|---------|-------|---------|
| | | | | retraso | retraso | retraso | Total | Total | Total | retraso | retraso | retraso | | |
| | | | retraso | retraso | retraso | Total | Total | Total | retraso | retraso | retraso | Total | Total | Total |
| km 6,28 Gedenk | 6.28 | 41:49 | 6:39 | 7 | 9:56 | 8 | 10:05 | 6.28 | 41:49 | 6:39 | 7 | 9:56 | 8 | 10:05 |
| km 11,32 Behms | 5.04 | 29:30 | 5:51 | 6 | 3:54 | 7 | 3:54 | 11.32 | 1:11:19 | 6:18 | 6 | 13:49 | 7 | 13:49 |
| km 22,10 Lübars | 10.78 | 1:14:09 | 6:52 | 8 | 22:36 | 10 | 23:29 | 22.10 | 2:25:28 | 6:34 | 6 | 36:25 | 7 | 36:57 |
| km 32,52 Naturs | 10.42 | 1:08:29 | 6:34 | 6 | 20:53 | 7 | 22:00 | 32.52 | 3:33:57 | 6:34 | 6 | 56:59 | 7 | 58:57 |
| km 43,36 Ruderc | 10.84 | 1:10:45 | 6:31 | 5 | 18:28 | 6 | 22:45 | 43.36 | 4:44:42 | 6:33 | 6 | 1:15:27 | 7 | 1:21:42 |
| km 55,35 Schönv | 11.99 | 1:21:28 | 6:47 | 8 | 15:48 | 9 | 29:29 | 55.35 | 6:06:10 | 6:36 | 6 | 1:21:38 | 7 | 1:51:11 |
| km 68,07 Garten | 12.72 | 1:35:19 | 7:29 | 7 | 19:58 | 8 | 37:34 | 68.07 | 7:41:29 | 6:46 | 5 | 1:38:55 | 6 | 2:28:45 |
| km 80,53 Schloß | 12.46 | 1:36:51 | 7:46 | 7 | 16:37 | 8 | 37:19 | 80.53 | 9:18:20 | 6:55 | 5 | 1:55:32 | 6 | 3:06:04 |
| km 99,65 Geden | 19.12 | 2:29:32 | 7:49 | 9 | 57:28 | 10 | 1:04:49 | 99.65 | 11:47:52 | 7:06 | 7 | 2:53:00 | 8 | 4:10:53 |
| km 112,75 Sport | 13.10 | 2:20:21 | 10:42 | 9 | 1:02:22 | 10 | 1:02:22 | 112.75 | 14:08:13 | 7:31 | 8 | 3:55:22 | 9 | 5:12:07 |
| km 124,92 Lichte | 12.17 | 1:20:08 | 6:35 | 7 | 25:37 | 8 | 25:37 | 124.92 | 15:28:21 | 7:25 | 8 | 4:20:59 | 9 | 5:26:59 |
| km 134,98 Buck | 10.06 | 1:07:38 | 6:43 | 6 | 23:04 | 7 | 23:04 | 134.98 | 16:35:59 | 7:22 | 8 | 4:37:56 | 9 | 5:39:58 |
| Test | 9.89 | 1:09:38 | 7:02 | 3 | 9:13 | 4 | 9:36 | 144.87 | 17:45:37 | 7:21 | 8 | 4:46:29 | 9 | 5:49:34 |
| Stadion Lobeckst | 16.03 | 1:57:24 | 7:19 | 6 | 25:41 | 7 | 29:30 | 160.90 | 19:43:01 | 7:21 | 8 | 4:59:23 | 9 | 6:19:04 |