



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

evaluación detallada

Just, Jörg

Asociación: Vegan Power

Dorsal: 206

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M40 (40-44 Jahre)

tiempo total: 20:43:44

velocidad: 7.72 km/h

rendimiento en carrera: 7:44 min/km

posición en el recorrido/Total: 29 (de 221)

posición en el recorrido/Men: 26 (de 193)

mejor tiempo del recorrido: 15:53:45

posición en la categoría: 6(de 33)

mejor tiempo en la categoría: 15:53:45

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | | Total | | | | | | | |
|------------------|-------------|-----------------|------------------------|---------|----------|---------|---------|--------|----------|------|-----|---------|-----|---------|
| | | | | retraso | posición | retraso | km | tiempo | min/km | | | | | |
| | | | | Men | Men | Men | Men | Men | Men | Men | Men | Men | Men | Men |
| km 6,28 Gedenk | 6.28 | 39:44 | 6:19 | 10 | 6:24 | 46 | 6:24 | 6.28 | 39:44 | 6:19 | 10 | 6:24 | 46 | 6:24 |
| km 11,32 Behms | 5.04 | 28:09 | 5:35 | 7 | 3:27 | 18 | 3:27 | 11.32 | 1:07:53 | 5:59 | 9 | 9:51 | 27 | 9:51 |
| km 22,10 Lübars | 10.78 | 1:03:36 | 5:53 | 11 | 9:03 | 45 | 12:40 | 22.10 | 2:11:29 | 5:56 | 11 | 18:18 | 43 | 18:18 |
| km 32,52 Naturs | 10.42 | 1:03:58 | 6:08 | 10 | 9:16 | 44 | 12:12 | 32.52 | 3:15:27 | 6:00 | 10 | 25:57 | 40 | 25:57 |
| km 43,36 Ruderc | 10.84 | 1:17:51 | 7:10 | 19 | 19:22 | 77 | 25:03 | 43.36 | 4:33:18 | 6:18 | 11 | 43:31 | 48 | 49:07 |
| km 55,35 Schönv | 11.99 | 1:15:31 | 6:17 | 10 | 12:18 | 34 | 15:14 | 55.35 | 5:48:49 | 6:18 | 10 | 50:14 | 44 | 1:04:21 |
| km 68,07 Garten | 12.72 | 1:33:13 | 7:19 | 11 | 20:16 | 42 | 20:16 | 68.07 | 7:22:02 | 6:29 | 11 | 1:00:33 | 41 | 1:23:53 |
| km 80,53 Schloß | 12.46 | 1:38:15 | 7:53 | 11 | 26:54 | 45 | 27:12 | 80.53 | 9:00:17 | 6:42 | 11 | 1:27:27 | 43 | 1:43:09 |
| km 99,65 Geden | 19.12 | 2:16:40 | 7:08 | 5 | 26:14 | 23 | 31:57 | 99.65 | 11:16:57 | 6:47 | 9 | 1:53:41 | 34 | 2:01:55 |
| km 112,75 Sport | 13.10 | 1:51:50 | 8:32 | 9 | 33:42 | 34 | 1:44:58 | 112.75 | 13:08:47 | 6:59 | 9 | 2:23:56 | 33 | 2:32:18 |
| km 124,92 Lichte | 12.17 | 1:46:32 | 8:45 | 5 | 27:46 | 19 | 27:46 | 124.92 | 14:55:19 | 7:10 | 7 | 2:51:42 | 29 | 2:58:29 |
| km 134,98 Buck | 10.06 | 1:24:07 | 8:21 | 4 | 26:38 | 31 | 26:38 | 134.98 | 16:19:26 | 7:15 | 6 | 3:18:20 | 26 | 3:18:43 |
| Test | 9.89 | 1:45:15 | 10:38 | 12 | 42:28 | 61 | 42:28 | 144.87 | 18:04:41 | 7:29 | 6 | 4:00:48 | 25 | 4:00:48 |
| Stadion Lobeckst | 16.01 | 2:39:03 | 9:56 | 10 | 49:11 | 48 | 49:11 | 160.90 | 20:43:44 | 7:43 | 6 | 4:49:59 | 26 | 4:49:59 |