



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

## evaluación detallada

**Nuss, Bernhard**

Asociación: Never Walk Alone

Dorsal: 44

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 21:23:01

velocidad: 7.48 km/h

rendimiento en carrera: 7:58 min/km

posición en el recorrido/Total: 54 (de 246)

posición en el recorrido/Men: 51 (de 211)

mejor tiempo del recorrido: 13:06:52

posición en la categoría: 10(de 46)

mejor tiempo en la categoría: 16:59:41

### tiempos parciales

### stage score

### Total score

| control           | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | retraso |          |           | Total<br>km | Total<br>tiempo | Total<br>min/km | retraso |          |           | Total<br>Men | Total<br>Men |
|-------------------|-------------|-----------------|------------------------|---------|----------|-----------|-------------|-----------------|-----------------|---------|----------|-----------|--------------|--------------|
|                   |             |                 |                        | retraso | posición | categoría |             |                 |                 | retraso | posición | categoría |              |              |
| VP1 - Mahnmal P   | 9.02        | 59:36           | 6:36                   | 13      | 18:33    | 73        | 9.02        | 59:36           | 6:36            | 13      | 18:33    | 73        | 18:40        |              |
| VP2 - Schlesische | 5.98        | 37:08           | 6:12                   | 18      | 11:00    | 86        | 15.00       | 1:36:44         | 6:26            | 16      | 29:33    | 80        | 29:42        |              |
| VP3 - Sonnenalle  | 6.00        | 38:48           | 6:27                   | 19      | 10:27    | 98        | 21.00       | 2:15:32         | 6:27            | 16      | 40:00    | 87        | 42:52        |              |
| VP4 - Stubenrauc  | 5.73        | 34:42           | 6:03                   | 12      | 6:20     | 63        | 26.73       | 2:50:14         | 6:22            | 15      | 46:20    | 83        | 52:19        |              |
| VP5 - U-Bahnhof   | 4.30        | 31:51           | 7:24                   | 17      | 8:45     | 96        | 31.03       | 3:22:05         | 6:30            | 15      | 55:05    | 83        | 1:01:57      |              |
| VP6 - Buckower I  | 5.40        | 34:35           | 6:24                   | 8       | 5:03     | 46        | 36.43       | 3:56:40         | 6:29            | 14      | 1:00:08  | 77        | 1:11:08      |              |
| VP7 - Kirchhainer | 5.54        | 38:28           | 6:56                   | 16      | 7:56     | 83        | 41.97       | 4:35:08         | 6:33            | 14      | 1:06:14  | 77        | 1:22:48      |              |
| VP8 - Lichtenradi | 4.42        | 30:16           | 6:50                   | 15      | 6:21     | 71        | 46.39       | 5:05:24         | 6:34            | 15      | 1:09:12  | 77        | 1:32:51      |              |
| VP9 - Osdorfer St | 5.77        | 36:31           | 6:19                   | 10      | 5:32     | 43        | 52.16       | 5:41:55         | 6:33            | 13      | 1:09:26  | 70        | 1:42:32      |              |
| VP10 - Sportplatz | 6.41        | 45:19           | 7:04                   | 8       | 10:29    | 41        | 58.57       | 6:27:14         | 6:36            | 13      | 1:13:11  | 62        | 1:57:29      |              |
| VP11 - Königsw    | 6.18        | 40:51           | 6:36                   | 7       | 4:43     | 33        | 64.75       | 7:08:05         | 6:36            | 12      | 1:10:03  | 57        | 2:08:36      |              |
| VP12 - Gedenkst   | 6.18        | 46:19           | 7:29                   | 8       | 8:44     | 39        | 70.93       | 7:54:24         | 6:41            | 9       | 1:15:54  | 51        | 2:22:47      |              |
| VP13 - Brauhaus   | 6.84        | 47:00           | 6:52                   | 5       | 5:20     | 38        | 77.77       | 8:41:24         | 6:42            | 9       | 1:18:37  | 50        | 2:37:24      |              |
| VP14 - Revierförs | 6.06        | 53:43           | 8:51                   | 31      | 16:22    | 121       | 83.83       | 9:35:07         | 6:51            | 10      | 1:34:59  | 53        | 3:01:43      |              |
| VP15 - Schloß Sa  | 6.20        | 1:09:00         | 11:07                  | 26      | 30:15    | 123       | 90.03       | 10:44:07        | 7:09            | 11      | 2:05:14  | 61        | 3:40:56      |              |
| VP16 - Pagel & Fi | 7.63        | 56:36           | 7:25                   | 6       | 9:42     | 40        | 97.66       | 11:40:43        | 7:10            | 10      | 2:14:19  | 58        | 4:00:41      |              |
| VP17 - Wilhelmst  | 4.84        | 36:44           | 7:35                   | 7       | 5:39     | 40        | 102.50      | 12:17:27        | 7:11            | 10      | 2:19:58  | 56        | 4:12:18      |              |
| VP18 - Falkensee  | 6.58        | 47:23           | 7:12                   | 7       | 7:29     | 34        | 109.08      | 13:04:50        | 7:11            | 9       | 2:27:27  | 52        | 4:25:30      |              |
| VP19 - Schönwal   | 5.70        | 41:59           | 7:21                   | 5       | 5:13     | 31        | 114.78      | 13:46:49        | 7:12            | 9       | 2:32:40  | 49        | 4:38:40      |              |
| VP20 - Grenzturn  | 7.53        | 1:07:59         | 9:01                   | 14      | 18:43    | 67        | 122.31      | 14:54:48        | 7:18            | 9       | 2:51:23  | 47        | 5:07:53      |              |
| VP21 - Ruderclub  | 4.78        | 49:33           | 10:21                  | 14      | 11:37    | 59        | 127.09      | 15:44:21        | 7:25            | 9       | 3:02:45  | 50        | 5:34:05      |              |
| VP22 - Frohnau (  | 4.03        | 39:11           | 9:43                   | 15      | 10:50    | 82        | 131.12      | 16:23:32        | 7:30            | 9       | 3:08:50  | 50        | 5:51:44      |              |
| VP23 - Naturschu  | 6.78        | 1:08:12         | 10:03                  | 18      | 17:13    | 85        | 137.90      | 17:31:44        | 7:37            | 9       | 3:26:03  | 50        | 6:26:10      |              |
| VP24 - Oranienbu  | 4.75        | 51:12           | 10:46                  | 25      | 14:23    | 104       | 142.65      | 18:22:56        | 7:43            | 8       | 3:33:30  | 49        | 6:50:56      |              |
| VP25 - Lübars     | 5.69        | 53:45           | 9:26                   | 12      | 11:29    | 71        | 148.34      | 19:16:41        | 7:47            | 8       | 3:42:28  | 49        | 7:15:21      |              |
| VP26 - S-Bahnh    | 5.71        | 59:08           | 10:21                  | 23      | 21:41    | 104       | 154.05      | 20:15:49        | 7:53            | 8       | 4:02:06  | 49        | 7:44:48      |              |
| VP27 - Wollankst  | 3.09        | 25:29           | 8:14                   | 26      | 10:30    | 107       | 157.14      | 20:41:18        | 7:53            | 9       | 4:10:00  | 50        | 7:56:32      |              |
| Friedrich-Ludwig  | 3.76        | 41:43           | 11:05                  | 27      | 16:23    | 113       | 160.90      | 21:23:01        | 7:58            | 10      | 4:23:20  | 51        | 8:16:09      |              |