



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## evaluación detallada

**Marti, Christian**

Asociación: DUV /smrun

Dorsal: 154

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M60 (60-64 Jahre)

tiempo total: 21:36:08

velocidad: 7.41 km/h

rendimiento en carrera: 8:04 min/km

posición en el recorrido/Total: 60 (de 246)

posición en el recorrido/Men: 56 (de 211)

mejor tiempo del recorrido: 13:06:52

posición en la categoría: 3(de 18)

mejor tiempo en la categoría: 17:18:55

### 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 |          |         |         |
|-------------------|-------------|-----------------|------------------------|----------|---------|----------|-------------|-----------------|-----------------|---------|----------|---------|---------|
|                   |             |                 |                        | posición | retraso | posición |             |                 |                 | retraso | posición | retraso |         |
| VP1 - Mahnmal P   | 9.02        | 1:04:34         | 7:09                   | 9        | 18:15   | 142      | 9.02        | 1:04:34         | 7:09            | 9       | 18:15    | 142     | 23:38   |
| VP2 - Schlesische | 5.98        | 40:30           | 6:46                   | 8        | 6:14    | 136      | 15.00       | 1:45:04         | 7:00            | 9       | 14:43    | 137     | 38:02   |
| VP3 - Sonnenalle  | 6.00        | 40:08           | 6:41                   | 7        | 4:53    | 116      | 21.00       | 2:25:12         | 6:54            | 9       | 17:50    | 134     | 52:32   |
| VP4 - Stubenrauc  | 5.73        | 38:34           | 6:43                   | 8        | 5:49    | 125      | 26.73       | 3:03:46         | 6:52            | 9       | 23:39    | 127     | 1:05:51 |
| VP5 - U-Bahnhof   | 4.30        | 31:42           | 7:22                   | 4        | 4:17    | 93       | 31.03       | 3:35:28         | 6:56            | 8       | 27:56    | 117     | 1:15:20 |
| VP6 - Buckower I  | 5.40        | 38:40           | 7:09                   | 6        | 5:16    | 105      | 36.43       | 4:14:08         | 6:58            | 6       | 32:37    | 112     | 1:28:36 |
| VP7 - Kirchhainer | 5.54        | 38:57           | 7:01                   | 4        | 5:14    | 86       | 41.97       | 4:53:05         | 6:58            | 5       | 37:51    | 107     | 1:40:45 |
| VP8 - Lichtenradi | 4.42        | 30:05           | 6:48                   | 3        | 3:43    | 69       | 46.39       | 5:23:10         | 6:57            | 4       | 41:34    | 104     | 1:50:37 |
| VP9 - Osdorfer St | 5.77        | 40:24           | 7:00                   | 4        | 5:47    | 74       | 52.16       | 6:03:34         | 6:58            | 4       | 47:21    | 103     | 2:04:11 |
| VP10 - Sportplatz | 6.41        | 48:53           | 7:37                   | 3        | 8:51    | 68       | 58.57       | 6:52:27         | 7:02            | 4       | 56:12    | 98      | 2:22:42 |
| VP11 - Königsw    | 6.18        | 47:47           | 7:43                   | 7        | 9:20    | 92       | 64.75       | 7:40:14         | 7:06            | 4       | 1:05:32  | 97      | 2:40:45 |
| VP12 - Gedenkst   | 6.18        | 54:50           | 8:52                   | 5        | 6:30    | 109      | 70.93       | 8:35:04         | 7:15            | 4       | 1:12:02  | 96      | 3:03:27 |
| VP13 - Brauhaus   | 6.84        | 54:59           | 8:02                   | 4        | 31:22   | 96       | 77.77       | 9:30:03         | 7:19            | 3       | 1:22:11  | 89      | 3:26:03 |
| VP14 - Revierförs | 6.06        | 48:21           | 7:58                   | 5        | 9:07    | 67       | 83.83       | 10:18:24        | 7:22            | 3       | 1:31:18  | 83      | 3:45:00 |
| VP15 - Schloß Sa  | 6.20        | 54:20           | 8:45                   | 3        | 16:23   | 49       | 90.03       | 11:12:44        | 7:28            | 3       | 1:47:41  | 79      | 4:09:33 |
| VP16 - Pagel & Fi | 7.63        | 1:00:24         | 7:54                   | 4        | 17:10   | 58       | 97.66       | 12:13:08        | 7:30            | 3       | 1:55:12  | 78      | 4:33:06 |
| VP17 - Wilhelmst  | 4.84        | 41:37           | 8:35                   | 5        | 11:10   | 91       | 102.50      | 12:54:45        | 7:33            | 3       | 2:06:22  | 78      | 4:49:36 |
| VP18 - Falkensee  | 6.58        | 56:10           | 8:32                   | 6        | 13:12   | 80       | 109.08      | 13:50:55        | 7:37            | 3       | 2:19:34  | 78      | 5:11:35 |
| VP19 - Schönwal   | 5.70        | 49:33           | 8:41                   | 3        | 13:01   | 53       | 114.78      | 14:40:28        | 7:40            | 3       | 2:32:35  | 75      | 5:32:19 |
| VP20 - Grenzturn  | 7.53        | 1:05:43         | 8:43                   | 3        | 11:30   | 56       | 122.31      | 15:46:11        | 7:44            | 3       | 2:44:05  | 74      | 5:59:16 |
| VP21 - Ruderclub  | 4.78        | 41:31           | 8:41                   | 3        | 10:01   | 29       | 127.09      | 16:27:42        | 7:46            | 3       | 2:54:06  | 63      | 6:17:26 |
| VP22 - Frohnau (  | 4.03        | 35:03           | 8:41                   | 2        | 10:14   | 40       | 131.12      | 17:02:45        | 7:48            | 3       | 3:04:20  | 61      | 6:30:57 |
| VP23 - Naturschu  | 6.78        | 1:04:53         | 9:34                   | 3        | 20:51   | 61       | 137.90      | 18:07:38        | 7:53            | 3       | 3:25:11  | 59      | 7:02:04 |
| VP24 - Oranienbu  | 4.75        | 51:45           | 10:53                  | 6        | 19:24   | 110      | 142.65      | 18:59:23        | 7:59            | 3       | 3:44:35  | 60      | 7:27:23 |
| VP25 - Lübars     | 5.69        | 51:03           | 8:58                   | 2        | 13:13   | 55       | 148.34      | 19:50:26        | 8:01            | 3       | 3:57:48  | 59      | 7:49:06 |
| VP26 - S-Bahnhö   | 5.71        | 54:11           | 9:29                   | 2        | 15:36   | 75       | 154.05      | 20:44:37        | 8:04            | 3       | 4:13:24  | 58      | 8:13:36 |
| VP27 - Wollankst  | 3.09        | 21:45           | 7:02                   | 2        | 5:40    | 61       | 157.14      | 21:06:22        | 8:03            | 3       | 4:19:04  | 58      | 8:21:36 |
| Friedrich-Ludwig  | 3.76        | 29:46           | 7:55                   | 1        | -       | 23       | 160.90      | 21:36:08        | 8:03            | 3       | 4:17:13  | 56      | 8:29:16 |