



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

evaluación detallada

Rosenau, Dietmar

Asociación: LG-DUV

Dorsal: 70

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 23:36:37

velocidad: 6.78 km/h

rendimiento en carrera: 8:48 min/km

posición en el recorrido/Total: 118 (de 246)

posición en el recorrido/Men: 109 (de 211)

mejor tiempo del recorrido: 13:06:52

posición en la categoría: 23(de 46)

mejor tiempo en la categoría: 16:59:41

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | stage score | | | Total score | | | | | | | |
|-------------------|-------------|-----------------|------------------------|-------------|---------|---------|-------------|-----------------|-----------------|----------------------|---------|----------------------|---------|----------|
| | | | | retraso | retraso | retraso | Total km | Total tiempo | Total min/km | posició categoría | retraso | posició categoría | retraso | |
| VP1 - Mahnmal P | 9.02 | 1:02:55 | 6:58 | 25 | 21:52 | 124 | 21:59 | 9.02 | 1:02:55 | 6:58 | 25 | 21:52 | 124 | 21:59 |
| VP2 - Schlesische | 5.98 | 39:54 | 6:40 | 25 | 13:46 | 124 | 13:48 | 15.00 | 1:42:49 | 6:51 | 24 | 35:38 | 118 | 35:47 |
| VP3 - Sonnenalle | 6.00 | 40:30 | 6:45 | 23 | 12:09 | 124 | 14:52 | 21.00 | 2:23:19 | 6:49 | 23 | 47:47 | 120 | 50:39 |
| VP4 - Stubenrauc | 5.73 | 38:29 | 6:42 | 26 | 10:07 | 124 | 13:14 | 26.73 | 3:01:48 | 6:48 | 23 | 57:54 | 114 | 1:03:53 |
| VP5 - U-Bahnhof | 4.30 | 33:21 | 7:45 | 24 | 10:15 | 123 | 12:14 | 31.03 | 3:35:09 | 6:56 | 23 | 1:08:09 | 115 | 1:15:01 |
| VP6 - Buckower I | 5.40 | 39:02 | 7:13 | 24 | 9:30 | 110 | 13:39 | 36.43 | 4:14:11 | 6:58 | 23 | 1:17:39 | 113 | 1:28:39 |
| VP7 - Kirchhainer | 5.54 | 42:15 | 7:37 | 26 | 11:43 | 129 | 16:04 | 41.97 | 4:56:26 | 7:03 | 24 | 1:27:32 | 117 | 1:44:06 |
| VP8 - Lichtenradi | 4.42 | 31:57 | 7:13 | 22 | 8:02 | 101 | 11:44 | 46.39 | 5:28:23 | 7:04 | 24 | 1:32:11 | 115 | 1:55:50 |
| VP9 - Osdorfer St | 5.77 | 43:01 | 7:27 | 23 | 12:02 | 110 | 16:49 | 52.16 | 6:11:24 | 7:07 | 23 | 1:38:55 | 112 | 2:12:01 |
| VP10 - Sportplatz | 6.41 | 55:32 | 8:39 | 21 | 20:42 | 110 | 26:44 | 58.57 | 7:06:56 | 7:17 | 22 | 1:52:53 | 109 | 2:37:11 |
| VP11 - Königsw | 6.18 | 52:51 | 8:33 | 33 | 16:43 | 139 | 23:58 | 64.75 | 7:59:47 | 7:24 | 24 | 2:01:45 | 115 | 3:00:18 |
| VP12 - Gedenkst | 6.18 | 57:14 | 9:15 | 30 | 19:39 | 129 | 25:47 | 70.93 | 8:57:01 | 7:34 | 24 | 2:18:31 | 116 | 3:25:24 |
| VP13 - Brauhaus | 6.84 | 59:57 | 8:45 | 27 | 18:17 | 120 | 36:20 | 77.77 | 9:56:58 | 7:40 | 25 | 2:34:11 | 120 | 3:52:58 |
| VP14 - Revierförs | 6.06 | 52:12 | 8:36 | 23 | 14:51 | 106 | 22:48 | 83.83 | 10:49:10 | 7:44 | 25 | 2:49:02 | 123 | 4:15:46 |
| VP15 - Schloß Sa | 6.20 | 1:08:17 | 11:00 | 25 | 29:32 | 118 | 38:30 | 90.03 | 11:57:27 | 7:58 | 24 | 3:18:34 | 119 | 4:54:16 |
| VP16 - Pagel & Fi | 7.63 | 1:05:45 | 8:37 | 18 | 18:51 | 87 | 29:21 | 97.66 | 13:03:12 | 8:01 | 24 | 3:36:48 | 116 | 5:23:10 |
| VP17 - Wilhelmst | 4.84 | 42:50 | 8:50 | 20 | 11:45 | 99 | 17:43 | 102.50 | 13:46:02 | 8:03 | 24 | 3:48:33 | 115 | 5:40:53 |
| VP18 - Falkensee | 6.58 | 1:02:27 | 9:29 | 28 | 22:33 | 119 | 28:59 | 109.08 | 14:48:29 | 8:08 | 23 | 4:11:06 | 115 | 6:09:09 |
| VP19 - Schönwal | 5.70 | 55:49 | 9:47 | 23 | 19:03 | 100 | 27:00 | 114.78 | 15:44:18 | 8:13 | 23 | 4:30:09 | 111 | 6:36:09 |
| VP20 - Grenzturn | 7.53 | 1:17:27 | 10:17 | 22 | 28:11 | 115 | 42:51 | 122.31 | 17:01:45 | 8:21 | 22 | 4:58:20 | 111 | 7:14:50 |
| VP21 - Ruderclub | 4.78 | 56:47 | 11:52 | 21 | 18:51 | 100 | 33:26 | 127.09 | 17:58:32 | 8:29 | 24 | 5:16:56 | 110 | 7:48:16 |
| VP22 - Frohnau (| 4.03 | 42:01 | 10:25 | 22 | 13:40 | 112 | 20:29 | 131.12 | 18:40:33 | 8:32 | 23 | 5:25:51 | 111 | 8:08:45 |
| VP23 - Naturschu | 6.78 | 1:09:26 | 10:14 | 20 | 18:27 | 94 | 35:40 | 137.90 | 19:49:59 | 8:37 | 23 | 5:44:18 | 112 | 8:44:25 |
| VP24 - Oranienbu | 4.75 | 46:29 | 9:47 | 14 | 9:40 | 68 | 20:37 | 142.65 | 20:36:28 | 8:40 | 23 | 5:47:02 | 111 | 9:04:28 |
| VP25 - Lübars | 5.69 | 56:04 | 9:51 | 18 | 13:48 | 88 | 26:44 | 148.34 | 21:32:32 | 8:42 | 24 | 5:58:19 | 110 | 9:31:12 |
| VP26 - S-Bahnh | 5.71 | 55:48 | 9:46 | 17 | 18:21 | 83 | 26:07 | 154.05 | 22:28:20 | 8:45 | 23 | 6:14:37 | 108 | 9:57:19 |
| VP27 - Wollankst | 3.09 | 24:56 | 8:04 | 22 | 9:57 | 101 | 12:35 | 157.14 | 22:53:16 | 8:44 | 23 | 6:21:58 | 105 | 10:08:30 |
| Friedrich-Ludwig | 3.76 | 43:21 | 11:31 | 30 | 18:01 | 122 | 22:44 | 160.90 | 23:36:37 | 8:48 | 23 | 6:36:56 | 109 | 10:29:45 |