



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## evaluación detallada

**Jaenicke, Marc Cornelius**

Asociación: Berlin

Dorsal: 158

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M40 (40-44 Jahre)

tiempo total: 16:31:01

velocidad: 9.69 km/h

rendimiento en carrera: 6:10 min/km

posición en el recorrido/Total: 10 (de 246)

posición en el recorrido/Men: 9 (de 211)

mejor tiempo del recorrido: 13:06:52

posición en la categoría: 5(de 36)

mejor tiempo en la categoría: 15:19:46

### 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 | retraso<br>Men |
|-------------------|-------------|-----------------|------------------------|----------|---------|----------|-------------|-----------------|-----------------|---------|----------|---------|--------------|----------------|
|                   |             |                 |                        | posición | retraso | posición |             |                 |                 | retraso | posición | retraso |              |                |
| VP1 - Mahnmal P   | 9.02        | 54:44           | 6:04                   | 9        | 8:58    | 38       | 9.02        | 54:44           | 6:04            | 9       | 8:58     | 38      | 13:48        |                |
| VP2 - Schlesische | 5.98        | 33:53           | 5:39                   | 10       | 5:29    | 39       | 15.00       | 1:28:37         | 5:54            | 9       | 14:27    | 36      | 21:35        |                |
| VP3 - Sonnenalle  | 6.00        | 35:06           | 5:51                   | 12       | 5:59    | 47       | 21.00       | 2:03:43         | 5:53            | 9       | 20:26    | 36      | 31:03        |                |
| VP4 - Stubenrauc  | 5.73        | 32:02           | 5:35                   | 10       | 3:26    | 33       | 26.73       | 2:35:45         | 5:49            | 9       | 23:30    | 35      | 37:50        |                |
| VP5 - U-Bahnhof   | 4.30        | 27:34           | 6:24                   | 10       | 3:07    | 35       | 31.03       | 3:03:19         | 5:54            | 9       | 24:24    | 35      | 43:11        |                |
| VP6 - Buckower I  | 5.40        | 32:28           | 6:00                   | 6        | 2:43    | 26       | 36.43       | 3:35:47         | 5:55            | 8       | 22:57    | 34      | 50:15        |                |
| VP7 - Kirchhainer | 5.54        | 33:10           | 5:59                   | 7        | 2:05    | 26       | 41.97       | 4:08:57         | 5:55            | 7       | 24:31    | 28      | 56:37        |                |
| VP8 - Lichtenradi | 4.42        | 26:12           | 5:55                   | 8        | 2:29    | 28       | 46.39       | 4:35:09         | 5:55            | 7       | 24:56    | 28      | 1:02:36      |                |
| VP9 - Osdorfer St | 5.77        | 34:50           | 6:02                   | 8        | 3:55    | 32       | 52.16       | 5:09:59         | 5:56            | 7       | 28:05    | 28      | 1:10:36      |                |
| VP10 - Sportplatz | 6.41        | 37:49           | 5:53                   | 5        | 1:52    | 16       | 58.57       | 5:47:48         | 5:56            | 7       | 29:57    | 25      | 1:18:03      |                |
| VP11 - Königsw    | 6.18        | 36:42           | 5:56                   | 4        | 3:00    | 11       | 64.75       | 6:24:30         | 5:56            | 6       | 27:49    | 20      | 1:25:01      |                |
| VP12 - Gedenkst   | 6.18        | 41:48           | 6:45                   | 6        | 7:32    | 17       | 70.93       | 7:06:18         | 6:00            | 6       | 34:02    | 18      | 1:34:41      |                |
| VP13 - Brauhaus   | 6.84        | 40:41           | 5:56                   | 2        | 0:33    | 8        | 77.77       | 7:46:59         | 6:00            | 6       | 31:34    | 18      | 1:42:59      |                |
| VP14 - Revierförs | 6.06        | 36:01           | 5:56                   | 4        | 2:31    | 8        | 83.83       | 8:23:00         | 6:00            | 6       | 34:05    | 18      | 1:49:36      |                |
| VP15 - Schloß Sa  | 6.20        | 37:56           | 6:07                   | 2        | 2:28    | 5        | 90.03       | 9:00:56         | 6:00            | 5       | 36:33    | 15      | 1:57:45      |                |
| VP16 - Pagel & Fi | 7.63        | 46:08           | 6:02                   | 2        | 3:47    | 7        | 97.66       | 9:47:04         | 6:00            | 5       | 40:20    | 14      | 2:07:02      |                |
| VP17 - Wilhelmst  | 4.84        | 29:18           | 6:03                   | 2        | 0:34    | 7        | 102.50      | 10:16:22        | 6:00            | 5       | 40:54    | 14      | 2:11:13      |                |
| VP18 - Falkensee  | 6.58        | 39:47           | 6:02                   | 2        | 3:15    | 5        | 109.08      | 10:56:09        | 6:00            | 5       | 44:09    | 14      | 2:16:49      |                |
| VP19 - Schönwal   | 5.70        | 34:30           | 6:03                   | 2        | 0:32    | 4        | 114.78      | 11:30:39        | 6:01            | 5       | 44:41    | 12      | 2:22:30      |                |
| VP20 - Grenzturn  | 7.53        | 47:05           | 6:15                   | 5        | 4:05    | 10       | 122.31      | 12:17:44        | 6:01            | 5       | 48:46    | 12      | 2:30:49      |                |
| VP21 - Ruderclub  | 4.78        | 31:24           | 6:34                   | 5        | 1:19    | 7        | 127.09      | 12:49:08        | 6:03            | 5       | 49:57    | 12      | 2:38:52      |                |
| VP22 - Frohnau (  | 4.03        | 25:43           | 6:22                   | 4        | 1:39    | 10       | 131.12      | 13:14:51        | 6:03            | 5       | 50:58    | 12      | 2:43:03      |                |
| VP23 - Naturschu  | 6.78        | 45:49           | 6:45                   | 5        | 5:12    | 12       | 137.90      | 14:00:40        | 6:05            | 5       | 54:52    | 10      | 2:55:06      |                |
| VP24 - Oranienbu  | 4.75        | 35:51           | 7:32                   | 7        | 6:48    | 17       | 142.65      | 14:36:31        | 6:08            | 5       | 1:01:40  | 10      | 3:04:31      |                |
| VP25 - Lübars     | 5.69        | 34:02           | 5:58                   | 3        | 1:09    | 7        | 148.34      | 15:10:33        | 6:08            | 5       | 1:02:49  | 10      | 3:09:13      |                |
| VP26 - S-Bahnh    | 5.71        | 38:04           | 6:40                   | 5        | 4:11    | 11       | 154.05      | 15:48:37        | 6:09            | 5       | 1:07:00  | 9       | 3:17:36      |                |
| VP27 - Wollankst  | 3.09        | 18:27           | 5:58                   | 9        | 6:06    | 25       | 157.14      | 16:07:04        | 6:09            | 5       | 1:11:04  | 9       | 3:22:18      |                |
| Friedrich-Ludwig  | 3.76        | 23:57           | 6:22                   | 2        | 0:11    | 7        | 160.90      | 16:31:01        | 6:09            | 5       | 1:11:15  | 9       | 3:24:09      |                |