



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

evaluación detallada

SPACEJOGGER

Dorsal: 4012

recorrido: 160.90 km

4er Staffel

categoría:

Staffel 4 x 40 km

tiempo total: 15:54:39

velocidad: 10.06 km/h

rendimiento en carrera: 5:56 min/km

posición en el recorrido/Total: 4 (de 15)

posición en el recorrido/Total: 4 (de 15)

mejor tiempo del recorrido: 14:01:32

posición en la categoría: 4(de 15)

mejor tiempo en la categoría: 14:01:32

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | retraso | | Total km | Total tiempo | Total min/km | retraso | | retraso | |
|-------------------|-------------|-----------------|------------------------|----------|-----------|----------|-----------|-------------|-----------------|-----------------|----------|-----------|----------|-----------|
| | | | | posición | categoría | posición | categoría | | | | posición | categoría | posición | categoría |
| VP1 - Mahnmal P | 9.02 | 49:56 | 5:32 | 4 | 1:52 | 4 | 1:52 | 9.02 | 49:56 | 5:32 | 4 | 1:52 | 4 | 1:52 |
| VP2 - Schlesische | 5.98 | 32:36 | 5:27 | 3 | 2:46 | 3 | 2:46 | 15.00 | 1:22:32 | 5:30 | 4 | 4:38 | 4 | 4:38 |
| VP3 - Sonnenalle | 6.00 | 33:11 | 5:31 | 6 | 4:53 | 6 | 4:53 | 21.00 | 1:55:43 | 5:30 | 3 | 9:31 | 3 | 9:31 |
| VP4 - Stubenrauc | 5.73 | 31:52 | 5:33 | 5 | 5:26 | 5 | 5:26 | 26.73 | 2:27:35 | 5:31 | 5 | 14:57 | 5 | 14:57 |
| VP5 - U-Bahnhof | 4.30 | 25:22 | 5:53 | 3 | 3:30 | 3 | 3:30 | 31.03 | 2:52:57 | 5:34 | 3 | 18:27 | 3 | 18:27 |
| VP6 - Buckower I | 5.40 | 34:03 | 6:18 | 7 | 8:44 | 7 | 8:44 | 36.43 | 3:27:00 | 5:40 | 4 | 27:11 | 4 | 27:11 |
| VP7 - Kirchhainer | 5.54 | 34:23 | 6:12 | 6 | 8:17 | 6 | 8:17 | 41.97 | 4:01:23 | 5:45 | 6 | 35:28 | 6 | 35:28 |
| VP8 - Lichtenradi | 4.42 | 27:07 | 6:08 | 5 | 7:09 | 5 | 7:09 | 46.39 | 4:28:30 | 5:47 | 6 | 42:37 | 6 | 42:37 |
| VP9 - Osdorfer St | 5.77 | 33:36 | 5:49 | 4 | 8:00 | 4 | 8:00 | 52.16 | 5:02:06 | 5:47 | 5 | 50:37 | 5 | 50:37 |
| VP10 - Sportplatz | 6.41 | 36:31 | 5:41 | 5 | 8:21 | 5 | 8:21 | 58.57 | 5:38:37 | 5:46 | 5 | 58:58 | 5 | 58:58 |
| VP11 - Königsw | 6.18 | 39:09 | 6:20 | 9 | 9:24 | 9 | 9:24 | 64.75 | 6:17:46 | 5:50 | 6 | 54:05 | 6 | 54:05 |
| VP12 - Gedenkst | 6.18 | 45:32 | 7:22 | 11 | 12:38 | 11 | 12:38 | 70.93 | 7:03:18 | 5:58 | 6 | 1:01:19 | 6 | 1:01:19 |
| VP13 - Brauhaus | 6.84 | 44:01 | 6:26 | 10 | 10:00 | 10 | 10:00 | 77.77 | 7:47:19 | 6:00 | 6 | 54:45 | 6 | 54:45 |
| VP14 - Revierförs | 6.06 | 41:10 | 6:47 | 11 | 9:48 | 11 | 9:48 | 83.83 | 8:28:29 | 6:03 | 6 | 1:00:45 | 6 | 1:00:45 |
| VP15 - Schloß Sa | 6.20 | 40:44 | 6:34 | 11 | 7:45 | 11 | 7:45 | 90.03 | 9:09:13 | 6:06 | 6 | 1:05:15 | 6 | 1:05:15 |
| VP16 - Pagel & Fi | 7.63 | 42:44 | 5:36 | 7 | 6:01 | 7 | 6:01 | 97.66 | 9:51:57 | 6:03 | 6 | 1:06:06 | 6 | 1:06:06 |
| VP17 - Wilhelmst | 4.84 | 26:57 | 5:34 | 7 | 2:42 | 7 | 2:42 | 102.50 | 10:18:54 | 6:02 | 6 | 1:08:48 | 6 | 1:08:48 |
| VP18 - Falkensee | 6.58 | 36:59 | 5:37 | 3 | 1:55 | 3 | 1:55 | 109.08 | 10:55:53 | 6:00 | 5 | 1:10:43 | 5 | 1:10:43 |
| VP19 - Schönwal | 5.70 | 32:08 | 5:38 | 3 | 1:14 | 3 | 1:14 | 114.78 | 11:28:01 | 5:59 | 5 | 1:11:57 | 5 | 1:11:57 |
| VP20 - Grenzturn | 7.53 | 40:40 | 5:24 | 2 | 0:14 | 2 | 0:14 | 122.31 | 12:08:41 | 5:57 | 4 | 1:12:11 | 4 | 1:12:11 |
| VP21 - Ruderclub | 4.78 | 23:48 | 4:58 | 1 | - | 1 | - | 127.09 | 12:32:29 | 5:55 | 4 | 1:08:28 | 4 | 1:08:28 |
| VP22 - Frohnau (| 4.03 | 22:32 | 5:35 | 7 | 6:27 | 7 | 6:27 | 131.12 | 12:55:01 | 5:54 | 4 | 1:12:40 | 4 | 1:12:40 |
| VP23 - Naturschu | 6.78 | 39:49 | 5:52 | 7 | 11:37 | 7 | 11:37 | 137.90 | 13:34:50 | 5:54 | 4 | 1:20:23 | 4 | 1:20:23 |
| VP24 - Oranienbu | 4.75 | 29:56 | 6:18 | 6 | 8:58 | 6 | 8:58 | 142.65 | 14:04:46 | 5:55 | 4 | 1:27:55 | 4 | 1:27:55 |
| VP25 - Lübars | 5.69 | 33:50 | 5:56 | 6 | 7:57 | 6 | 7:57 | 148.34 | 14:38:36 | 5:55 | 4 | 1:34:52 | 4 | 1:34:52 |
| VP26 - S-Bahnhö | 5.71 | 34:57 | 6:07 | 6 | 8:23 | 6 | 8:23 | 154.05 | 15:13:33 | 5:55 | 4 | 1:43:15 | 4 | 1:43:15 |
| VP27 - Wollankst | 3.09 | 14:57 | 4:50 | 5 | 3:07 | 5 | 3:07 | 157.14 | 15:28:30 | 5:54 | 4 | 1:46:22 | 4 | 1:46:22 |
| Friedrich-Ludwig | 3.03 | 26:09 | 8:37 | 5 | 6:45 | 5 | 6:45 | 160.90 | 15:54:39 | 5:55 | 4 | 1:53:07 | 4 | 1:53:07 |