



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

evaluación detallada

Podell, Thomas

Asociación: RunFit Endurance Coaching

Dorsal: 126

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M35 (35-39 Jahre)

tiempo total: 17:56:43

velocidad: 8.92 km/h

rendimiento en carrera: 6:41 min/km

posición en el recorrido/Total: 21 (de 246)

posición en el recorrido/Men: 21 (de 211)

mejor tiempo del recorrido: 13:06:52

posición en la categoría: 3(de 16)

mejor tiempo en la categoría: 14:04:27

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | | Total km | Total tiempo | Total min/km | retraso | | | | |
|-------------------|-------------|-----------------|------------------------|----------|---------|----------|-------------|-----------------|-----------------|---------|----------|---------|-----|---------|
| | | | | posición | retraso | posición | | | | retraso | posición | retraso | | |
| | | | | Men | Men | Men | | | | Men | Men | Men | Men | |
| VP1 - Mahnmal P | 9.02 | 54:36 | 6:03 | 4 | 12:19 | 37 | 13:40 | 9.02 | 54:36 | 6:03 | 4 | 12:19 | 37 | 13:40 |
| VP2 - Schlesische | 5.98 | 33:55 | 5:40 | 4 | 6:26 | 41 | 7:49 | 15.00 | 1:28:31 | 5:54 | 4 | 18:45 | 35 | 21:29 |
| VP3 - Sonnenalle | 6.00 | 35:04 | 5:50 | 5 | 6:53 | 45 | 9:26 | 21.00 | 2:03:35 | 5:53 | 4 | 25:38 | 35 | 30:55 |
| VP4 - Stubenrauc | 5.73 | 35:34 | 6:12 | 7 | 9:31 | 76 | 10:19 | 26.73 | 2:39:09 | 5:57 | 5 | 35:09 | 45 | 41:14 |
| VP5 - U-Bahnhof | 4.30 | 27:42 | 6:26 | 5 | 6:35 | 37 | 6:35 | 31.03 | 3:06:51 | 6:01 | 5 | 41:44 | 43 | 46:43 |
| VP6 - Buckower I | 5.40 | 34:37 | 6:24 | 6 | 9:14 | 47 | 9:14 | 36.43 | 3:41:28 | 6:04 | 5 | 50:58 | 42 | 55:56 |
| VP7 - Kirchhainer | 5.54 | 34:57 | 6:18 | 5 | 7:43 | 42 | 8:46 | 41.97 | 4:16:25 | 6:06 | 5 | 58:41 | 42 | 1:04:05 |
| VP8 - Lichtenrad | 4.42 | 26:09 | 5:54 | 3 | 4:51 | 27 | 5:56 | 46.39 | 4:42:34 | 6:05 | 5 | 1:03:32 | 38 | 1:10:01 |
| VP9 - Osdorfer St | 5.77 | 38:59 | 6:45 | 6 | 11:43 | 59 | 12:47 | 52.16 | 5:21:33 | 6:09 | 5 | 1:15:15 | 42 | 1:22:10 |
| VP10 - Sportplatz | 6.41 | 42:09 | 6:34 | 3 | 12:11 | 32 | 13:21 | 58.57 | 6:03:42 | 6:12 | 5 | 1:27:26 | 39 | 1:33:57 |
| VP11 - Königsw | 6.18 | 39:19 | 6:21 | 4 | 7:22 | 25 | 10:26 | 64.75 | 6:43:01 | 6:13 | 5 | 1:34:48 | 36 | 1:43:32 |
| VP12 - Gedenkst | 6.18 | 43:53 | 7:06 | 3 | 10:54 | 25 | 12:26 | 70.93 | 7:26:54 | 6:18 | 5 | 1:45:42 | 34 | 1:55:17 |
| VP13 - Brauhaus | 6.84 | 44:10 | 6:27 | 3 | 7:23 | 21 | 20:33 | 77.77 | 8:11:04 | 6:18 | 4 | 1:53:05 | 33 | 2:07:04 |
| VP14 - Revierförs | 6.06 | 43:33 | 7:11 | 5 | 11:49 | 37 | 14:09 | 83.83 | 8:54:37 | 6:22 | 4 | 2:04:54 | 32 | 2:21:13 |
| VP15 - Schloß Sa | 6.20 | 53:12 | 8:34 | 5 | 16:26 | 44 | 23:25 | 90.03 | 9:47:49 | 6:31 | 4 | 2:21:20 | 32 | 2:44:38 |
| VP16 - Pagel & Fi | 7.63 | 50:02 | 6:33 | 2 | 8:36 | 19 | 13:38 | 97.66 | 10:37:51 | 6:31 | 4 | 2:29:56 | 30 | 2:57:49 |
| VP17 - Wilhelmst | 4.84 | 35:00 | 7:13 | 4 | 7:27 | 33 | 9:53 | 102.50 | 11:12:51 | 6:33 | 4 | 2:37:23 | 30 | 3:07:42 |
| VP18 - Falkensee | 6.58 | 43:24 | 6:35 | 2 | 6:41 | 18 | 9:56 | 109.08 | 11:56:15 | 6:33 | 3 | 2:44:04 | 28 | 3:16:55 |
| VP19 - Schönwal | 5.70 | 37:24 | 6:33 | 2 | 5:42 | 11 | 8:35 | 114.78 | 12:33:39 | 6:33 | 3 | 2:49:46 | 26 | 3:25:30 |
| VP20 - Grenzturn | 7.53 | 55:05 | 7:18 | 4 | 13:48 | 26 | 20:29 | 122.31 | 13:28:44 | 6:36 | 3 | 3:03:34 | 26 | 3:41:49 |
| VP21 - Ruderclub | 4.78 | 33:35 | 7:01 | 3 | 5:56 | 13 | 10:14 | 127.09 | 14:02:19 | 6:37 | 3 | 3:09:30 | 24 | 3:52:03 |
| VP22 - Frohnau (| 4.03 | 31:55 | 7:55 | 4 | 9:31 | 24 | 10:23 | 131.12 | 14:34:14 | 6:40 | 3 | 3:19:01 | 23 | 4:02:26 |
| VP23 - Naturschu | 6.78 | 49:41 | 7:19 | 3 | 7:56 | 20 | 15:55 | 137.90 | 15:23:55 | 6:41 | 3 | 3:26:57 | 23 | 4:18:21 |
| VP24 - Oranienbu | 4.75 | 35:14 | 7:25 | 2 | 6:20 | 14 | 9:22 | 142.65 | 15:59:09 | 6:43 | 3 | 3:33:17 | 22 | 4:27:09 |
| VP25 - Lübars | 5.69 | 36:29 | 6:24 | 2 | 4:09 | 10 | 7:09 | 148.34 | 16:35:38 | 6:42 | 3 | 3:37:26 | 22 | 4:34:18 |
| VP26 - S-Bahnh | 5.71 | 37:50 | 6:37 | 2 | 5:50 | 10 | 8:09 | 154.05 | 17:13:28 | 6:42 | 3 | 3:43:16 | 21 | 4:42:27 |
| VP27 - Wollankst | 3.09 | 19:26 | 6:17 | 6 | 5:48 | 37 | 7:05 | 157.14 | 17:32:54 | 6:42 | 3 | 3:49:04 | 21 | 4:48:08 |
| Friedrich-Ludwig | 3.76 | 23:49 | 6:20 | 2 | 3:12 | 5 | 3:12 | 160.90 | 17:56:43 | 6:41 | 3 | 3:52:16 | 21 | 4:49:51 |