



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## evaluación detallada

**Wadehn, Jan-Olof**

Asociación: Peroni-Moretti-Team

Dorsal: 248

recorrido: 160.90 km

100MeilenBerlin

categoría:

Senioren M40 (40-44 Jahre)

tiempo total: 21:09:26

velocidad: 7.56 km/h

rendimiento en carrera: 7:53 min/km

posición en el recorrido/Total: 50 (de 246)

posición en el recorrido/Men: 48 (de 211)

mejor tiempo del recorrido: 13:06:52

posición en la categoría: 14(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 | stage score |         |         | Total score |                 |                   |         |         |         |         |         |
|-------------------|-------------|-----------------|------------------------|-------------|---------|---------|-------------|-----------------|-------------------|---------|---------|---------|---------|---------|
|                   |             |                 |                        | retraso     | retraso | retraso | Total<br>km | Total<br>tiempo | Total<br>posición |         |         |         |         |         |
|                   |             |                 | retraso                | retraso     | retraso | retraso | retraso     | retraso         | retraso           | retraso | retraso | retraso | retraso | retraso |
| VP1 - Mahnmal P   | 9.02        | 57:42           | 6:23                   | 13          | 11:56   | 51      | 16:46       | 9.02            | 57:42             | 6:23    | 13      | 11:56   | 51      | 16:46   |
| VP2 - Schlesische | 5.98        | 35:24           | 5:55                   | 17          | 7:00    | 66      | 9:18        | 15.00           | 1:33:06           | 6:12    | 14      | 18:56   | 54      | 26:04   |
| VP3 - Sonnenalle  | 6.00        | 35:24           | 5:53                   | 15          | 6:17    | 52      | 9:46        | 21.00           | 2:08:30           | 6:07    | 14      | 25:13   | 55      | 35:50   |
| VP4 - Stubenrauc  | 5.73        | 34:55           | 6:05                   | 17          | 6:19    | 65      | 9:40        | 26.73           | 2:43:25           | 6:06    | 15      | 31:10   | 57      | 45:30   |
| VP5 - U-Bahnhof   | 4.30        | 30:47           | 7:09                   | 22          | 6:20    | 80      | 9:40        | 31.03           | 3:14:12           | 6:15    | 16      | 35:17   | 62      | 54:04   |
| VP6 - Buckower I  | 5.40        | 34:27           | 6:22                   | 12          | 4:42    | 43      | 9:04        | 36.43           | 3:48:39           | 6:16    | 16      | 35:49   | 58      | 1:03:07 |
| VP7 - Kirchhainer | 5.54        | 38:14           | 6:54                   | 21          | 7:09    | 78      | 12:03       | 41.97           | 4:26:53           | 6:21    | 17      | 42:27   | 60      | 1:14:33 |
| VP8 - Lichtenradi | 4.42        | 30:55           | 6:59                   | 19          | 7:12    | 82      | 10:42       | 46.39           | 4:57:48           | 6:25    | 17      | 47:35   | 61      | 1:25:15 |
| VP9 - Osdorfer St | 5.77        | 42:00           | 7:16                   | 22          | 11:05   | 93      | 15:48       | 52.16           | 5:39:48           | 6:30    | 17      | 57:54   | 64      | 1:40:25 |
| VP10 - Sportplatz | 6.41        | 57:37           | 8:59                   | 22          | 21:40   | 120     | 28:49       | 58.57           | 6:37:25           | 6:47    | 19      | 1:19:34 | 73      | 2:07:40 |
| VP11 - Königsw    | 6.18        | 51:47           | 8:22                   | 23          | 18:05   | 131     | 22:54       | 64.75           | 7:29:12           | 6:56    | 20      | 1:32:31 | 80      | 2:29:43 |
| VP12 - Gedenkst   | 6.18        | 51:20           | 8:18                   | 18          | 17:04   | 70      | 19:53       | 70.93           | 8:20:32           | 7:03    | 19      | 1:48:16 | 78      | 2:48:55 |
| VP13 - Brauhaus   | 6.84        | 44:18           | 6:28                   | 7           | 4:10    | 23      | 20:41       | 77.77           | 9:04:50           | 7:00    | 19      | 1:49:25 | 73      | 3:00:50 |
| VP14 - Revierförs | 6.06        | 47:09           | 7:46                   | 12          | 13:39   | 55      | 17:45       | 83.83           | 9:51:59           | 7:03    | 19      | 2:03:04 | 71      | 3:18:35 |
| VP15 - Schloß Sa  | 6.20        | 57:20           | 9:14                   | 15          | 21:52   | 66      | 27:33       | 90.03           | 10:49:19          | 7:12    | 17      | 2:24:56 | 65      | 3:46:08 |
| VP16 - Pagel & Fi | 7.63        | 1:00:51         | 7:58                   | 13          | 18:30   | 60      | 24:27       | 97.66           | 11:50:10          | 7:16    | 17      | 2:43:26 | 61      | 4:10:08 |
| VP17 - Wilhelmst  | 4.84        | 33:36           | 6:56                   | 6           | 4:52    | 21      | 8:29        | 102.50          | 12:23:46          | 7:15    | 17      | 2:48:18 | 61      | 4:18:37 |
| VP18 - Falkensee  | 6.58        | 46:59           | 7:08                   | 8           | 10:27   | 33      | 13:31       | 109.08          | 13:10:45          | 7:14    | 13      | 2:58:45 | 53      | 4:31:25 |
| VP19 - Schönwal   | 5.70        | 40:49           | 7:09                   | 6           | 6:51    | 24      | 12:00       | 114.78          | 13:51:34          | 7:14    | 12      | 3:05:36 | 50      | 4:43:25 |
| VP20 - Grenzturn  | 7.53        | 1:01:04         | 8:06                   | 10          | 18:04   | 44      | 26:28       | 122.31          | 14:52:38          | 7:17    | 11      | 3:23:40 | 45      | 5:05:43 |
| VP21 - Ruderclub  | 4.78        | 49:59           | 10:27                  | 14          | 19:54   | 61      | 26:38       | 127.09          | 15:42:37          | 7:25    | 13      | 3:43:26 | 48      | 5:32:21 |
| VP22 - Frohnau (  | 4.03        | 34:38           | 8:35                   | 10          | 10:34   | 37      | 13:06       | 131.12          | 16:17:15          | 7:27    | 12      | 3:53:22 | 45      | 5:45:27 |
| VP23 - Naturschu  | 6.78        | 51:49           | 7:38                   | 8           | 11:12   | 26      | 18:03       | 137.90          | 17:09:04          | 7:27    | 11      | 4:03:16 | 43      | 6:03:30 |
| VP24 - Oranienbu  | 4.75        | 37:07           | 7:48                   | 8           | 8:04    | 23      | 11:15       | 142.65          | 17:46:11          | 7:28    | 11      | 4:11:20 | 43      | 6:14:11 |
| VP25 - Lübars     | 5.69        | 49:47           | 8:44                   | 11          | 16:54   | 44      | 20:27       | 148.34          | 18:35:58          | 7:31    | 11      | 4:28:14 | 41      | 6:34:38 |
| VP26 - S-Bahnh    | 5.71        | 1:15:38         | 13:14                  | 30          | 41:45   | 169     | 45:57       | 154.05          | 19:51:36          | 7:44    | 14      | 5:09:59 | 47      | 7:20:35 |
| VP27 - Wollankst  | 3.09        | 36:07           | 11:41                  | 32          | 23:46   | 181     | 23:46       | 157.14          | 20:27:43          | 7:48    | 14      | 5:31:43 | 47      | 7:42:57 |
| Friedrich-Ludwig  | 3.76        | 41:43           | 11:05                  | 23          | 17:57   | 113     | 21:06       | 160.90          | 21:09:26          | 7:53    | 14      | 5:49:40 | 48      | 8:02:34 |