



# 100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

## evaluación detallada

**Marten, René**

Asociación: ATSV Espelkamp

Dorsal: 133

recorrido: 161.85 km

100MeilenBerlin

categoría:

Senioren M40 (40-44 Jahre)

tiempo total: 21:06:40

velocidad: 7.63 km/h

rendimiento en carrera: 7:50 min/km

posición en el recorrido/Total: 37 (de 296)

posición en el recorrido/Men: 34 (de 247)

mejor tiempo del recorrido: 13:40:11

posición en la categoría: 8(de 38)

mejor tiempo en la categoría: 15:35:03

### 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 | retraso | retraso | retraso |
| VP1 - S-Bahnhof    | 6.93        | 37:59           | 5:28                   | 6           | 5:20    | 25      | 5:43        | 6.93            | 37:59             | 5:28    | 6       | 5:20    | 25      | 5:43    |
| VP2 - Lauftreff Li | 5.70        | 32:28           | 5:41                   | 12          | 4:57    | 44      | 6:32        | 12.63           | 1:10:27           | 5:34    | 7       | 10:17   | 30      | 12:15   |
| VP3 - Oranienbur   | 5.47        | 30:04           | 5:29                   | 8           | 5:06    | 27      | 6:18        | 18.10           | 1:40:31           | 5:33    | 7       | 15:23   | 27      | 18:32   |
| VP4 - Naturschut   | 4.97        | 30:23           | 6:06                   | 8           | 4:45    | 35      | 7:14        | 23.07           | 2:10:54           | 5:40    | 8       | 20:08   | 29      | 25:46   |
| VP5 - Frohnau      | 6.80        | 39:09           | 5:45                   | 8           | 7:11    | 27      | 8:51        | 29.87           | 2:50:03           | 5:41    | 6       | 27:19   | 24      | 34:31   |
| VP6 - Ruderclub    | 4.06        | 29:59           | 7:23                   | 18          | 10:20   | 92      | 11:30       | 33.93           | 3:20:02           | 5:53    | 10      | 37:39   | 40      | 46:01   |
| VP7 - Grenzturm    | 4.75        | 28:42           | 6:02                   | 10          | 6:04    | 38      | 7:54        | 38.68           | 3:48:44           | 5:54    | 10      | 43:43   | 36      | 53:55   |
| VP8 - Schönwald    | 7.53        | 50:02           | 6:38                   | 12          | 12:17   | 51      | 14:26       | 46.21           | 4:38:46           | 6:01    | 11      | 56:00   | 37      | 1:08:21 |
| VP9 - Falkenseer   | 5.69        | 36:40           | 6:26                   | 7           | 6:31    | 29      | 9:32        | 51.90           | 5:15:26           | 6:04    | 11      | 1:02:31 | 35      | 1:17:53 |
| VP10 - Karolinenl  | 6.60        | 45:10           | 6:50                   | 8           | 10:38   | 38      | 15:01       | 58.50           | 6:00:36           | 6:09    | 9       | 1:13:09 | 34      | 1:32:54 |
| VP11 - Pagel & Fi  | 4.90        | 37:53           | 7:43                   | 11          | 10:40   | 59      | 15:08       | 63.40           | 6:38:29           | 6:17    | 9       | 1:23:49 | 35      | 1:48:02 |
| VP12 - Schloss S   | 7.62        | 1:01:07         | 8:01                   | 10          | 17:20   | 50      | 25:20       | 71.02           | 7:39:36           | 6:28    | 8       | 1:41:09 | 36      | 2:13:22 |
| VP13 - Revierförs  | 6.21        | 47:39           | 7:40                   | 8           | 10:21   | 50      | 17:59       | 77.23           | 8:27:15           | 6:34    | 9       | 1:51:30 | 37      | 2:31:21 |
| VP14 - Brauhaus    | 6.00        | 50:36           | 8:26                   | 12          | 13:14   | 79      | 21:04       | 83.23           | 9:17:51           | 6:42    | 9       | 2:04:44 | 39      | 2:52:25 |
| VP15 - Gedenkst.   | 6.90        | 59:48           | 8:39                   | 19          | 19:54   | 93      | 25:05       | 90.13           | 10:17:39          | 6:51    | 9       | 2:24:38 | 42      | 3:17:30 |
| VP16 - Königswe    | 6.87        | 1:00:16         | 8:46                   | 12          | 19:27   | 70      | 26:32       | 97.00           | 11:17:55          | 6:59    | 9       | 2:44:05 | 44      | 3:44:02 |
| VP17 - Sportplatz  | 6.20        | 1:21:31         | 13:08                  | 24          | 42:19   | 150     | 49:54       | 103.20          | 12:39:26          | 7:21    | 9       | 3:26:24 | 50      | 4:33:56 |
| VP18 - Osdorfer    | 6.49        | 48:01           | 7:23                   | 8           | 6:59    | 21      | 14:04       | 109.69          | 13:27:27          | 7:21    | 9       | 3:33:23 | 48      | 4:48:00 |
| VP19 - Lichtenra   | 5.71        | 41:42           | 7:18                   | 6           | 6:36    | 25      | 12:23       | 115.40          | 14:09:09          | 7:21    | 9       | 3:39:06 | 47      | 5:00:23 |
| VP20 - Kirchhain   | 4.35        | 38:31           | 8:51                   | 8           | 10:51   | 41      | 14:13       | 119.75          | 14:47:40          | 7:24    | 9       | 3:47:09 | 43      | 5:14:36 |
| VP21 - Buckow      | 6.15        | 48:55           | 7:57                   | 6           | 10:36   | 27      | 13:55       | 125.90          | 15:36:35          | 7:26    | 9       | 3:55:47 | 41      | 5:28:31 |
| VP22 - Rudow       | 4.97        | 40:33           | 8:09                   | 5           | 10:04   | 18      | 19:10       | 130.87          | 16:17:08          | 7:27    | 9       | 4:03:48 | 38      | 5:40:25 |
| VP23 - Johannistl  | 5.89        | 48:08           | 8:10                   | 5           | 10:49   | 22      | 14:27       | 136.76          | 17:05:16          | 7:29    | 9       | 4:13:28 | 37      | 5:54:52 |
| VP24 - Dammwe      | 5.64        | 47:58           | 8:30                   | 5           | 12:02   | 30      | 16:17       | 142.40          | 17:53:14          | 7:32    | 7       | 4:23:37 | 33      | 6:10:48 |
| VP25 - Eas Side    | 6.33        | 1:08:17         | 10:47                  | 13          | 25:53   | 85      | 30:57       | 148.73          | 19:01:31          | 7:40    | 8       | 4:48:44 | 35      | 6:39:01 |
| VP26 - Checkpoir   | 4.22        | 38:41           | 9:09                   | 12          | 13:39   | 51      | 15:48       | 152.95          | 19:40:12          | 7:42    | 8       | 4:59:13 | 36      | 6:53:38 |
| VP27 - Gedenkst.   | 4.12        | 44:28           | 10:47                  | 11          | 18:36   | 72      | 19:45       | 157.07          | 20:24:40          | 7:47    | 8       | 5:17:49 | 35      | 7:11:42 |
| Friedrich-Ludwig   | 4.78        | 42:00           | 8:47                   | 9           | 13:48   | 71      | 17:37       | 161.85          | 21:06:40          | 7:49    | 8       | 5:31:37 | 34      | 7:26:29 |