



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

evaluación detallada

Fietkau, Mark

Asociación: LG Mauerweg

Dorsal: 50

recorrido: 161.85 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 25:32:14

velocidad: 6.30 km/h

rendimiento en carrera: 9:28 min/km

posición en el recorrido/Total: 123 (de 296)

posición en el recorrido/Men: 109 (de 247)

mejor tiempo del recorrido: 13:40:11

posición en la categoría: 22(de 51)

mejor tiempo en la categoría: 18:03:51

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | stage score | | | Total score | | | | | | | |
|---------------------|-------------|-----------------|------------------------|-------------|----------|----------|-------------|-----------------|-------------------|----------|----------|----------|---------|----------|
| | | | | retraso | posición | retraso | Total km | Total tiempo | Total posición | retraso | posición | retraso | | |
| | | | retraso | posición | retraso | posición | retraso | posición | retraso | posición | retraso | posición | retraso | posición |
| VP1 - S-Bahnhof | 6.93 | 45:22 | 6:32 | 25 | 12:04 | 131 | 13:06 | 6.93 | 45:22 | 6:32 | 25 | 12:04 | 131 | 13:06 |
| VP2 - Laufftreff Li | 5.70 | 37:34 | 6:35 | 26 | 9:55 | 130 | 11:38 | 12.63 | 1:22:56 | 6:33 | 27 | 21:59 | 132 | 24:44 |
| VP3 - Oranienbur | 5.47 | 37:36 | 6:52 | 33 | 11:24 | 157 | 13:50 | 18.10 | 2:00:32 | 6:39 | 29 | 33:16 | 138 | 38:33 |
| VP4 - Naturschut | 4.97 | 35:40 | 7:10 | 23 | 10:49 | 108 | 12:31 | 23.07 | 2:36:12 | 6:46 | 28 | 44:05 | 133 | 51:04 |
| VP5 - Frohnau | 6.80 | 47:39 | 7:00 | 29 | 14:55 | 147 | 17:21 | 29.87 | 3:23:51 | 6:49 | 27 | 59:00 | 136 | 1:08:19 |
| VP6 - Ruderclub | 4.06 | 31:16 | 7:42 | 24 | 9:47 | 107 | 12:47 | 33.93 | 3:55:07 | 6:55 | 26 | 1:08:47 | 124 | 1:21:06 |
| VP7 - Grenzturm | 4.75 | 35:39 | 7:30 | 33 | 10:16 | 150 | 14:51 | 38.68 | 4:30:46 | 7:00 | 29 | 1:19:03 | 134 | 1:35:57 |
| VP8 - Schönwald | 7.53 | 1:08:21 | 9:04 | 43 | 25:54 | 197 | 32:45 | 46.21 | 5:39:07 | 7:20 | 31 | 1:44:57 | 146 | 2:08:42 |
| VP9 - Falkenseer | 5.69 | 1:00:20 | 10:36 | 49 | 26:30 | 217 | 33:12 | 51.90 | 6:39:27 | 7:41 | 37 | 2:11:27 | 164 | 2:41:54 |
| VP10 - Karolinenl | 6.60 | 1:04:29 | 9:46 | 39 | 24:17 | 184 | 34:20 | 58.50 | 7:43:56 | 7:55 | 35 | 2:35:27 | 163 | 3:16:14 |
| VP11 - Pagel & Fi | 4.90 | 44:22 | 9:03 | 22 | 14:15 | 107 | 21:37 | 63.40 | 8:28:18 | 8:01 | 29 | 2:47:58 | 151 | 3:37:51 |
| VP12 - Schloss S | 7.62 | 1:28:24 | 11:36 | 38 | 40:11 | 183 | 52:37 | 71.02 | 9:56:42 | 8:24 | 30 | 3:28:09 | 157 | 4:30:28 |
| VP13 - Revierförs | 6.21 | 1:01:19 | 9:52 | 37 | 20:30 | 176 | 31:39 | 77.23 | 10:58:01 | 8:31 | 31 | 3:48:29 | 163 | 5:02:07 |
| VP14 - Brauhaus | 6.00 | 55:57 | 9:19 | 29 | 13:46 | 136 | 26:25 | 83.23 | 11:53:58 | 8:34 | 29 | 4:01:50 | 160 | 5:28:32 |
| VP15 - Gedenkst. | 6.90 | 55:16 | 8:00 | 15 | 10:08 | 58 | 20:33 | 90.13 | 12:49:14 | 8:32 | 29 | 4:07:19 | 147 | 5:49:05 |
| VP16 - Königswe | 6.87 | 1:08:39 | 9:59 | 29 | 19:57 | 141 | 34:55 | 97.00 | 13:57:53 | 8:38 | 29 | 4:27:16 | 147 | 6:24:00 |
| VP17 - Sportplatz | 6.20 | 55:02 | 8:52 | 8 | 10:13 | 41 | 23:25 | 103.20 | 14:52:55 | 8:39 | 27 | 4:36:44 | 126 | 6:47:25 |
| VP18 - Osdorfer | 6.49 | 1:43:18 | 15:55 | 42 | 56:57 | 199 | 1:09:21 | 109.69 | 16:36:13 | 9:04 | 29 | 5:31:40 | 146 | 7:56:46 |
| VP19 - Lichtenra | 5.71 | 1:02:29 | 10:56 | 31 | 22:31 | 144 | 33:10 | 115.40 | 17:38:42 | 9:10 | 30 | 5:51:07 | 147 | 8:29:56 |
| VP20 - Kirchhain | 4.35 | 49:58 | 11:29 | 23 | 18:41 | 119 | 25:40 | 119.75 | 18:28:40 | 9:15 | 29 | 6:05:25 | 143 | 8:55:36 |
| VP21 - Buckow | 6.15 | 1:12:09 | 11:43 | 30 | 28:51 | 145 | 37:09 | 125.90 | 19:40:49 | 9:22 | 27 | 6:31:38 | 143 | 9:32:45 |
| VP22 - Rudow | 4.97 | 51:10 | 10:17 | 19 | 13:49 | 76 | 29:47 | 130.87 | 20:31:59 | 9:24 | 25 | 6:40:52 | 133 | 9:55:16 |
| VP23 - Johannistl | 5.89 | 1:02:50 | 10:40 | 26 | 17:08 | 100 | 29:09 | 136.76 | 21:34:49 | 9:28 | 25 | 6:56:16 | 129 | 10:24:25 |
| VP24 - Dammwe | 5.64 | 1:15:39 | 13:24 | 36 | 35:08 | 168 | 43:58 | 142.40 | 22:50:28 | 9:37 | 25 | 7:21:30 | 126 | 11:08:02 |
| VP25 - Eas Side | 6.33 | 1:00:03 | 9:29 | 9 | 12:07 | 45 | 22:43 | 148.73 | 23:50:31 | 9:37 | 24 | 7:27:45 | 123 | 11:28:01 |
| VP26 - Checkpoir | 4.22 | 32:47 | 7:46 | 4 | 3:07 | 14 | 9:54 | 152.95 | 24:23:18 | 9:34 | 23 | 7:28:31 | 119 | 11:36:44 |
| VP27 - Gedenkst. | 4.12 | 34:36 | 8:23 | 5 | 3:29 | 16 | 9:53 | 157.07 | 24:57:54 | 9:32 | 23 | 7:28:23 | 114 | 11:44:56 |
| Friedrich-Ludwig | 4.78 | 34:20 | 7:10 | 4 | 6:22 | 22 | 9:57 | 161.85 | 25:32:14 | 9:28 | 22 | 7:28:23 | 109 | 11:52:03 |