



# 100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

## evaluación detallada

Jones, Garfield

Asociación: Islwyn RC

Dorsal: 85

recorrido: 161.85 km

100MeilenBerlin

categoría:

Senioren M55 (55-59 Jahre)

tiempo total: 25:54:09

velocidad: 6.22 km/h

rendimiento en carrera: 9:36 min/km

posición en el recorrido/Total: 135 (de 296)

posición en el recorrido/Men: 120 (de 247)

mejor tiempo del recorrido: 13:40:11

posición en la categoría: 12(de 32)

mejor tiempo en la categoría: 16:59:31

### 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 |      |    |         |     |          |
|                    |             |                 |                        | Men         | Men     | Men     | Men         | Men             | Men               |      |    |         |     |          |
| VP1 - S-Bahnhof    | 6.93        | 43:30           | 6:16                   | 11          | 8:17    | 93      | 11:14       | 6.93            | 43:30             | 6:16 | 11 | 8:17    | 93  | 11:14    |
| VP2 - Lauftreff Li | 5.70        | 35:44           | 6:16                   | 11          | 5:33    | 96      | 9:48        | 12.63           | 1:19:14           | 6:16 | 11 | 13:50   | 96  | 21:02    |
| VP3 - Oranienbur   | 5.47        | 33:15           | 6:04                   | 9           | 4:34    | 80      | 9:29        | 18.10           | 1:52:29           | 6:12 | 11 | 18:24   | 91  | 30:30    |
| VP4 - Naturschut   | 4.97        | 34:37           | 6:57                   | 10          | 6:13    | 90      | 11:28       | 23.07           | 2:27:06           | 6:22 | 12 | 24:37   | 94  | 41:58    |
| VP5 - Frohnau      | 6.80        | 45:49           | 6:44                   | 11          | 9:22    | 117     | 15:31       | 29.87           | 3:12:55           | 6:27 | 11 | 33:59   | 94  | 57:23    |
| VP6 - Ruderclub    | 4.06        | 30:55           | 7:36                   | 10          | 7:33    | 101     | 12:26       | 33.93           | 3:43:50           | 6:35 | 11 | 41:32   | 95  | 1:09:49  |
| VP7 - Grenzturm    | 4.75        | 36:05           | 7:35                   | 17          | 9:36    | 160     | 15:17       | 38.68           | 4:19:55           | 6:43 | 11 | 51:08   | 94  | 1:25:06  |
| VP8 - Schönwald    | 7.53        | 1:00:40         | 8:03                   | 12          | 17:58   | 144     | 25:04       | 46.21           | 5:20:35           | 6:56 | 11 | 1:09:06 | 106 | 1:50:10  |
| VP9 - Falkenseer   | 5.69        | 47:22           | 8:19                   | 12          | 13:38   | 130     | 20:14       | 51.90           | 6:07:57           | 7:05 | 11 | 1:22:44 | 107 | 2:10:24  |
| VP10 - Karolinenl  | 6.60        | 58:57           | 8:55                   | 14          | 20:43   | 141     | 28:48       | 58.50           | 7:06:54           | 7:17 | 10 | 1:43:27 | 114 | 2:39:12  |
| VP11 - Pagel & Fi  | 4.90        | 59:40           | 12:10                  | 24          | 27:14   | 215     | 36:55       | 63.40           | 8:06:34           | 7:40 | 12 | 2:10:23 | 130 | 3:16:07  |
| VP12 - Schloss S   | 7.62        | 1:31:16         | 11:58                  | 20          | 45:31   | 194     | 55:29       | 71.02           | 9:37:50           | 8:08 | 13 | 2:55:54 | 143 | 4:11:36  |
| VP13 - Revierförs  | 6.21        | 56:42           | 9:07                   | 16          | 15:12   | 139     | 27:02       | 77.23           | 10:34:32          | 8:12 | 13 | 3:11:06 | 142 | 4:38:38  |
| VP14 - Brauhaus    | 6.00        | 53:03           | 8:50                   | 12          | 13:51   | 107     | 23:31       | 83.23           | 11:27:35          | 8:15 | 13 | 3:24:57 | 137 | 5:02:09  |
| VP15 - Gedenkst.   | 6.90        | 1:13:59         | 10:43                  | 19          | 30:49   | 176     | 39:16       | 90.13           | 12:41:34          | 8:26 | 14 | 3:55:37 | 138 | 5:41:25  |
| VP16 - Königswe    | 6.87        | 1:07:20         | 9:48                   | 14          | 22:23   | 132     | 33:36       | 97.00           | 13:48:54          | 8:32 | 13 | 4:13:47 | 135 | 6:15:01  |
| VP17 - Sportplatz  | 6.20        | 1:22:51         | 13:21                  | 16          | 39:58   | 158     | 51:14       | 103.20          | 15:11:45          | 8:50 | 15 | 4:51:58 | 143 | 7:06:15  |
| VP18 - Osdorfer    | 6.49        | 1:03:29         | 9:46                   | 12          | 23:30   | 113     | 29:32       | 109.69          | 16:15:14          | 8:53 | 13 | 5:15:28 | 140 | 7:35:47  |
| VP19 - Lichtenra   | 5.71        | 54:18           | 9:30                   | 11          | 17:39   | 104     | 24:59       | 115.40          | 17:09:32          | 8:55 | 13 | 5:33:07 | 136 | 8:00:46  |
| VP20 - Kirchhain   | 4.35        | 1:01:39         | 14:10                  | 21          | 33:31   | 174     | 37:21       | 119.75          | 18:11:11          | 9:06 | 13 | 6:06:38 | 136 | 8:38:07  |
| VP21 - Buckow      | 6.15        | 1:14:23         | 12:05                  | 18          | 33:24   | 152     | 39:23       | 125.90          | 19:25:34          | 9:15 | 13 | 6:40:02 | 132 | 9:17:30  |
| VP22 - Rudow       | 4.97        | 55:19           | 11:07                  | 11          | 22:52   | 112     | 33:56       | 130.87          | 20:20:53          | 9:19 | 13 | 7:02:54 | 129 | 9:44:10  |
| VP23 - Johannistl  | 5.89        | 1:03:05         | 10:42                  | 10          | 25:15   | 103     | 29:24       | 136.76          | 21:23:58          | 9:23 | 13 | 7:28:09 | 127 | 10:13:34 |
| VP24 - Dammwe      | 5.64        | 1:03:50         | 11:19                  | 14          | 27:49   | 113     | 32:09       | 142.40          | 22:27:48          | 9:27 | 12 | 7:55:58 | 123 | 10:45:22 |
| VP25 - Eas Side    | 6.33        | 1:13:45         | 11:39                  | 10          | 28:09   | 113     | 36:25       | 148.73          | 23:41:33          | 9:33 | 12 | 8:23:45 | 120 | 11:19:03 |
| VP26 - Checkpoir   | 4.22        | 44:17           | 10:29                  | 9           | 16:58   | 102     | 21:24       | 152.95          | 24:25:50          | 9:35 | 12 | 8:27:30 | 121 | 11:39:16 |
| VP27 - Gedenkst.   | 4.12        | 46:41           | 11:19                  | 8           | 14:46   | 87      | 21:58       | 157.07          | 25:12:31          | 9:37 | 12 | 8:42:16 | 120 | 11:59:33 |
| Friedrich-Ludwig   | 4.78        | 41:38           | 8:42                   | 5           | 14:05   | 62      | 17:15       | 161.85          | 25:54:09          | 9:36 | 12 | 8:54:38 | 120 | 12:13:58 |