



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

evaluación detallada

Luijken, Johan

Asociación: nein

Dorsal: 128

recorrido: 161.85 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 26:26:39

velocidad: 6.09 km/h

rendimiento en carrera: 9:48 min/km

posición en el recorrido/Total: 143 (de 296)

posición en el recorrido/Men: 127 (de 247)

mejor tiempo del recorrido: 13:40:11

posición en la categoría: 26(de 51)

mejor tiempo en la categoría: 18:03:51

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | | Total km | Total tiempo | Total posición min/km | retraso | | | | |
|--------------------|----------|--------------|---------------------|----------|---------|----------|----------|--------------|-----------------------|---------|----------|---------|-----|----------|
| | | | | posición | retraso | posición | | | | retraso | posición | retraso | | |
| VP1 - S-Bahnhof | 6.93 | 51:49 | 7:28 | 50 | 18:31 | 229 | 19:33 | 6.93 | 51:49 | 7:28 | 50 | 18:31 | 229 | 19:33 |
| VP2 - Lauftreff Li | 5.70 | 41:35 | 7:17 | 43 | 13:56 | 202 | 15:39 | 12.63 | 1:33:24 | 7:23 | 48 | 32:27 | 219 | 35:12 |
| VP3 - Oranienbur | 5.47 | 41:22 | 7:33 | 45 | 15:10 | 212 | 17:36 | 18.10 | 2:14:46 | 7:26 | 47 | 47:30 | 216 | 52:47 |
| VP4 - Naturschut | 4.97 | 43:15 | 8:42 | 44 | 18:24 | 208 | 20:06 | 23.07 | 2:58:01 | 7:42 | 45 | 1:05:54 | 212 | 1:12:53 |
| VP5 - Frohnau | 6.80 | 51:33 | 7:34 | 40 | 18:49 | 188 | 21:15 | 29.87 | 3:49:34 | 7:41 | 45 | 1:24:43 | 212 | 1:34:02 |
| VP6 - Ruderclub | 4.06 | 41:45 | 10:16 | 46 | 20:16 | 209 | 23:16 | 33.93 | 4:31:19 | 7:59 | 46 | 1:44:59 | 210 | 1:57:18 |
| VP7 - Grenzturm | 4.75 | 39:36 | 8:20 | 44 | 14:13 | 195 | 18:48 | 38.68 | 5:10:55 | 8:02 | 46 | 1:59:12 | 207 | 2:16:06 |
| VP8 - Schönwald | 7.53 | 1:03:32 | 8:26 | 38 | 21:05 | 167 | 27:56 | 46.21 | 6:14:27 | 8:06 | 44 | 2:20:17 | 202 | 2:44:02 |
| VP9 - Falkenseer | 5.69 | 48:21 | 8:29 | 29 | 14:31 | 138 | 21:13 | 51.90 | 7:02:48 | 8:08 | 43 | 2:34:48 | 193 | 3:05:15 |
| VP10 - Karolinenl | 6.60 | 57:41 | 8:44 | 28 | 17:29 | 131 | 27:32 | 58.50 | 8:00:29 | 8:12 | 40 | 2:52:00 | 183 | 3:32:47 |
| VP11 - Pagel & Fi | 4.90 | 56:34 | 11:32 | 42 | 26:27 | 206 | 33:49 | 63.40 | 8:57:03 | 8:28 | 38 | 3:16:43 | 179 | 4:06:36 |
| VP12 - Schloss S | 7.62 | 1:22:36 | 10:50 | 32 | 34:23 | 162 | 46:49 | 71.02 | 10:19:39 | 8:43 | 37 | 3:51:06 | 176 | 4:53:25 |
| VP13 - Revierförs | 6.21 | 58:22 | 9:23 | 30 | 17:33 | 156 | 28:42 | 77.23 | 11:18:01 | 8:46 | 35 | 4:08:29 | 173 | 5:22:07 |
| VP14 - Brauhaus | 6.00 | 59:27 | 9:54 | 32 | 17:16 | 159 | 29:55 | 83.23 | 12:17:28 | 8:51 | 35 | 4:25:20 | 173 | 5:52:02 |
| VP15 - Gedenkst. | 6.90 | 1:12:13 | 10:27 | 33 | 27:05 | 162 | 37:30 | 90.13 | 13:29:41 | 8:59 | 33 | 4:47:46 | 168 | 6:29:32 |
| VP16 - Königswe | 6.87 | 59:53 | 8:42 | 13 | 11:11 | 61 | 26:09 | 97.00 | 14:29:34 | 8:57 | 33 | 4:58:57 | 162 | 6:55:41 |
| VP17 - Sportplatz | 6.20 | 44:49 | 7:13 | 1 | - | 14 | 13:12 | 103.20 | 15:14:23 | 8:51 | 30 | 4:58:12 | 145 | 7:08:53 |
| VP18 - Osdorfer | 6.49 | 1:35:53 | 14:46 | 40 | 49:32 | 195 | 1:01:56 | 109.69 | 16:50:16 | 9:12 | 31 | 5:45:43 | 153 | 8:10:49 |
| VP19 - Lichtenra | 5.71 | 1:03:30 | 11:07 | 34 | 23:32 | 154 | 34:11 | 115.40 | 17:53:46 | 9:18 | 31 | 6:06:11 | 153 | 8:45:00 |
| VP20 - Kirchhain | 4.35 | 59:10 | 13:36 | 35 | 27:53 | 171 | 34:52 | 119.75 | 18:52:56 | 9:27 | 30 | 6:29:41 | 151 | 9:19:52 |
| VP21 - Buckow | 6.15 | 1:10:14 | 11:25 | 26 | 26:56 | 134 | 35:14 | 125.90 | 20:03:10 | 9:33 | 30 | 6:53:59 | 152 | 9:55:06 |
| VP22 - Rudow | 4.97 | 55:11 | 11:06 | 26 | 17:50 | 110 | 33:48 | 130.87 | 20:58:21 | 9:36 | 29 | 7:07:14 | 143 | 10:21:38 |
| VP23 - Johannistl | 5.89 | 1:16:23 | 12:58 | 35 | 30:41 | 156 | 42:42 | 136.76 | 22:14:44 | 9:45 | 29 | 7:36:11 | 143 | 11:04:20 |
| VP24 - Dammwe | 5.64 | 52:50 | 9:22 | 10 | 12:19 | 50 | 21:09 | 142.40 | 23:07:34 | 9:44 | 28 | 7:38:36 | 132 | 11:25:08 |
| VP25 - Eas Side | 6.33 | 1:17:50 | 12:17 | 30 | 29:54 | 134 | 40:30 | 148.73 | 24:25:24 | 9:51 | 26 | 8:02:38 | 131 | 12:02:54 |
| VP26 - Checkpoir | 4.22 | 39:13 | 9:17 | 13 | 9:33 | 53 | 16:20 | 152.95 | 25:04:37 | 9:50 | 26 | 8:09:50 | 129 | 12:18:03 |
| VP27 - Gedenkst. | 4.12 | 47:32 | 11:32 | 21 | 16:25 | 95 | 22:49 | 157.07 | 25:52:09 | 9:52 | 26 | 8:22:38 | 129 | 12:39:11 |
| Friedrich-Ludwig | 4.78 | 34:30 | 7:13 | 6 | 6:32 | 25 | 10:07 | 161.85 | 26:26:39 | 9:48 | 26 | 8:22:48 | 127 | 12:46:28 |