



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

evaluación detallada

Jensen, Allan

Asociación: FRØS

Dorsal: 84

recorrido: 161.85 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 27:09:50

velocidad: 5.93 km/h

rendimiento en carrera: 10:04 min/km

posición en el recorrido/Total: 153 (de 296)

posición en el recorrido/Men: 133 (de 247)

mejor tiempo del recorrido: 13:40:11

posición en la categoría: 34(de 53)

mejor tiempo en la categoría: 15:34:05

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | | Total km | Total tiempo | Total min/km | retraso | | | Total Men | Total Men |
|---------------------|-------------|-----------------|------------------------|----------|----------|----------|-------------|-----------------|-----------------|----------|----------|----------|--------------|--------------|
| | | | | posición | posición | posición | | | | posición | posición | posición | | |
| VP1 - S-Bahnhof | 6.93 | 38:17 | 5:31 | 8 | 6:01 | 32 | 6:01 | 6.93 | 38:17 | 5:31 | 8 | 6:01 | 32 | 6:01 |
| VP2 - Laufftreff Li | 5.70 | 34:52 | 6:07 | 21 | 8:56 | 89 | 8:56 | 12.63 | 1:13:09 | 5:47 | 11 | 14:56 | 51 | 14:57 |
| VP3 - Oranienbur | 5.47 | 40:13 | 7:21 | 44 | 16:27 | 203 | 16:27 | 18.10 | 1:53:22 | 6:15 | 20 | 31:23 | 94 | 31:23 |
| VP4 - Naturschut | 4.97 | 38:08 | 7:40 | 36 | 14:59 | 158 | 14:59 | 23.07 | 2:31:30 | 6:34 | 25 | 46:22 | 102 | 46:22 |
| VP5 - Frohnau | 6.80 | 49:09 | 7:13 | 39 | 18:43 | 163 | 18:51 | 29.87 | 3:20:39 | 6:43 | 30 | 1:05:05 | 120 | 1:05:07 |
| VP6 - Ruderclub | 4.06 | 43:21 | 10:40 | 45 | 24:51 | 216 | 24:52 | 33.93 | 4:04:00 | 7:11 | 37 | 1:29:56 | 154 | 1:29:59 |
| VP7 - Grenzturm | 4.75 | 37:25 | 7:52 | 40 | 15:07 | 173 | 16:37 | 38.68 | 4:41:25 | 7:16 | 36 | 1:45:03 | 154 | 1:46:36 |
| VP8 - Schönwald | 7.53 | 1:08:41 | 9:07 | 44 | 30:56 | 199 | 33:05 | 46.21 | 5:50:06 | 7:34 | 38 | 2:15:59 | 164 | 2:19:41 |
| VP9 - Falkenseer | 5.69 | 43:16 | 7:36 | 21 | 12:44 | 83 | 16:08 | 51.90 | 6:33:22 | 7:34 | 35 | 2:28:43 | 156 | 2:35:49 |
| VP10 - Karolinenl | 6.60 | 54:35 | 8:16 | 28 | 19:33 | 101 | 24:26 | 58.50 | 7:27:57 | 7:39 | 34 | 2:45:25 | 145 | 3:00:15 |
| VP11 - Pagel & Fi | 4.90 | 50:34 | 10:19 | 38 | 23:52 | 167 | 27:49 | 63.40 | 8:18:31 | 7:51 | 34 | 3:09:08 | 142 | 3:28:04 |
| VP12 - Schloss S | 7.62 | 1:36:36 | 12:40 | 44 | 53:10 | 208 | 1:00:49 | 71.02 | 9:55:07 | 8:22 | 37 | 4:02:09 | 156 | 4:28:53 |
| VP13 - Revierförs | 6.21 | 59:17 | 9:32 | 42 | 24:03 | 168 | 29:37 | 77.23 | 10:54:24 | 8:28 | 37 | 4:24:43 | 156 | 4:58:30 |
| VP14 - Brauhaus | 6.00 | 48:55 | 8:09 | 19 | 14:43 | 60 | 19:23 | 83.23 | 11:43:19 | 8:27 | 36 | 4:35:43 | 147 | 5:17:53 |
| VP15 - Gedenkst. | 6.90 | 1:04:16 | 9:18 | 31 | 28:08 | 123 | 29:33 | 90.13 | 12:47:35 | 8:30 | 36 | 4:53:59 | 146 | 5:47:26 |
| VP16 - Königswe | 6.87 | 1:05:46 | 9:34 | 32 | 20:57 | 123 | 32:02 | 97.00 | 13:53:21 | 8:35 | 37 | 5:11:28 | 143 | 6:19:28 |
| VP17 - Sportplatz | 6.20 | 1:43:35 | 16:42 | 43 | 1:08:59 | 200 | 1:11:58 | 103.20 | 15:36:56 | 9:04 | 37 | 6:17:56 | 155 | 7:31:26 |
| VP18 - Osdorfer | 6.49 | 1:11:36 | 11:01 | 36 | 28:20 | 154 | 37:39 | 109.69 | 16:48:32 | 9:11 | 37 | 6:46:16 | 152 | 8:09:05 |
| VP19 - Lichtenra | 5.71 | 1:02:59 | 11:01 | 34 | 27:56 | 149 | 33:40 | 115.40 | 17:51:31 | 9:17 | 37 | 7:09:55 | 152 | 8:42:45 |
| VP20 - Kirchhain | 4.35 | 51:51 | 11:55 | 36 | 22:11 | 129 | 27:33 | 119.75 | 18:43:22 | 9:22 | 37 | 7:32:06 | 148 | 9:10:18 |
| VP21 - Buckow | 6.15 | 1:24:11 | 13:41 | 42 | 45:49 | 181 | 49:11 | 125.90 | 20:07:33 | 9:35 | 38 | 8:14:31 | 153 | 9:59:29 |
| VP22 - Rudow | 4.97 | 1:01:09 | 12:18 | 33 | 30:50 | 147 | 39:46 | 130.87 | 21:08:42 | 9:41 | 37 | 8:33:55 | 145 | 10:31:59 |
| VP23 - Johannistl | 5.89 | 1:09:20 | 11:46 | 30 | 32:29 | 127 | 35:39 | 136.76 | 22:18:02 | 9:47 | 36 | 9:04:57 | 144 | 11:07:38 |
| VP24 - Dammwe | 5.64 | 1:09:15 | 12:16 | 33 | 37:34 | 141 | 37:34 | 142.40 | 23:27:17 | 9:52 | 35 | 9:42:31 | 139 | 11:44:51 |
| VP25 - Eas Side | 6.33 | 1:15:49 | 11:58 | 28 | 38:29 | 123 | 38:29 | 148.73 | 24:43:06 | 9:58 | 35 | 10:21:00 | 137 | 12:20:36 |
| VP26 - Checkpoir | 4.22 | 42:56 | 10:10 | 21 | 20:03 | 91 | 20:03 | 152.95 | 25:26:02 | 9:58 | 34 | 10:41:03 | 133 | 12:39:28 |
| VP27 - Gedenkst. | 4.12 | 52:55 | 12:50 | 30 | 28:12 | 138 | 28:12 | 157.07 | 26:18:57 | 10:03 | 34 | 11:09:15 | 135 | 13:05:59 |
| Friedrich-Ludwig | 4.78 | 50:53 | 10:38 | 27 | 26:30 | 115 | 26:30 | 161.85 | 27:09:50 | 10:04 | 34 | 11:35:45 | 133 | 13:29:39 |