



evaluación detallada

Zitzmann, Christoph

Asociación: Never Walk Alone
Dorsal: 223

recorrido: 161.85 km
100MeilenBerlin

categoría:
Senioren M45 (45-49 Jahre)

tiempo total: 27:28:04

velocidad: 5.86 km/h
rendimiento en carrera: 10:11 min/km

posición en el recorrido/Total: 160 (de 296)
posición en el recorrido/Men: 137 (de 247)
mejor tiempo del recorrido: 13:40:11

posición en la categoría: 35(de 53)
mejor tiempo en la categoría: 15:34:05

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | stage score | | | Total score | | | | | | | |
|---------------------|-------------|-----------------|------------------------|-------------|---------|---------|-------------|-----------------|-------------------|---------|---------|----------|-----|----------|
| | | | | retraso | retraso | retraso | Total km | Total tiempo | Total posición | | | | | |
| | | | retraso | retraso | retraso | retraso | retraso | retraso | retraso | retraso | retraso | retraso | | |
| | | | Men | Men | Men | Men | Men | Men | Men | Men | Men | Men | | |
| VP1 - S-Bahnhof | 6.93 | 36:06 | 5:12 | 5 | 3:50 | 16 | 3:50 | 6.93 | 36:06 | 5:12 | 5 | 3:50 | 16 | 3:50 |
| VP2 - Laufftreff Li | 5.70 | 31:44 | 5:34 | 8 | 5:48 | 26 | 5:48 | 12.63 | 1:07:50 | 5:22 | 6 | 9:37 | 17 | 9:38 |
| VP3 - Oranienbur | 5.47 | 31:05 | 5:40 | 8 | 7:19 | 40 | 7:19 | 18.10 | 1:38:55 | 5:27 | 6 | 16:56 | 19 | 16:56 |
| VP4 - Naturschut | 4.97 | 30:51 | 6:12 | 9 | 7:42 | 44 | 7:42 | 23.07 | 2:09:46 | 5:37 | 6 | 24:38 | 23 | 24:38 |
| VP5 - Frohnau | 6.80 | 38:00 | 5:35 | 6 | 7:34 | 22 | 7:42 | 29.87 | 2:47:46 | 5:36 | 6 | 32:12 | 21 | 32:14 |
| VP6 - Ruderclub | 4.06 | 27:05 | 6:40 | 14 | 8:35 | 51 | 8:36 | 33.93 | 3:14:51 | 5:44 | 6 | 40:47 | 21 | 40:50 |
| VP7 - Grenzturm | 4.75 | 27:50 | 5:51 | 7 | 5:32 | 25 | 7:02 | 38.68 | 3:42:41 | 5:45 | 6 | 46:19 | 22 | 47:52 |
| VP8 - Schönwald | 7.53 | 49:29 | 6:34 | 14 | 11:44 | 45 | 13:53 | 46.21 | 4:32:10 | 5:53 | 7 | 58:03 | 23 | 1:01:45 |
| VP9 - Falkenseer | 5.69 | 49:20 | 8:40 | 34 | 18:48 | 148 | 22:12 | 51.90 | 5:21:30 | 6:11 | 11 | 1:16:51 | 44 | 1:23:57 |
| VP10 - Karolinenl | 6.60 | 1:01:39 | 9:20 | 38 | 26:37 | 164 | 31:30 | 58.50 | 6:23:09 | 6:32 | 15 | 1:40:37 | 57 | 1:55:27 |
| VP11 - Pagel & Fi | 4.90 | 46:54 | 9:34 | 29 | 20:12 | 128 | 24:09 | 63.40 | 7:10:03 | 6:46 | 16 | 2:00:40 | 61 | 2:19:36 |
| VP12 - Schloss S | 7.62 | 1:29:15 | 11:42 | 41 | 45:49 | 185 | 53:28 | 71.02 | 8:39:18 | 7:18 | 22 | 2:46:20 | 85 | 3:13:04 |
| VP13 - Revierförs | 6.21 | 1:05:15 | 10:30 | 46 | 30:01 | 199 | 35:35 | 77.23 | 9:44:33 | 7:34 | 26 | 3:14:52 | 90 | 3:48:39 |
| VP14 - Brauhaus | 6.00 | 51:55 | 8:39 | 25 | 17:43 | 93 | 22:23 | 83.23 | 10:36:28 | 7:38 | 26 | 3:28:52 | 90 | 4:11:02 |
| VP15 - Gedenkst. | 6.90 | 1:07:44 | 9:48 | 35 | 31:36 | 150 | 33:01 | 90.13 | 11:44:12 | 7:48 | 27 | 3:50:36 | 96 | 4:44:03 |
| VP16 - Königswe | 6.87 | 56:45 | 8:15 | 16 | 11:56 | 48 | 23:01 | 97.00 | 12:40:57 | 7:50 | 25 | 3:59:04 | 90 | 5:07:04 |
| VP17 - Sportplatz | 6.20 | 46:33 | 7:30 | 6 | 11:57 | 17 | 14:56 | 103.20 | 13:27:30 | 7:49 | 22 | 4:08:30 | 75 | 5:22:00 |
| VP18 - Osdorfer | 6.49 | 1:32:51 | 14:18 | 42 | 49:35 | 194 | 58:54 | 109.69 | 15:00:21 | 8:12 | 25 | 4:58:05 | 94 | 6:20:54 |
| VP19 - Lichtenra | 5.71 | 54:45 | 9:35 | 28 | 19:42 | 105 | 25:26 | 115.40 | 15:55:06 | 8:16 | 25 | 5:13:30 | 94 | 6:46:20 |
| VP20 - Kirchhain | 4.35 | 1:05:37 | 15:05 | 42 | 35:57 | 186 | 41:19 | 119.75 | 17:00:43 | 8:31 | 27 | 5:49:27 | 101 | 7:27:39 |
| VP21 - Buckow | 6.15 | 1:06:59 | 10:53 | 29 | 28:37 | 115 | 31:59 | 125.90 | 18:07:42 | 8:38 | 29 | 6:14:40 | 106 | 7:59:38 |
| VP22 - Rudow | 4.97 | 1:07:08 | 13:30 | 40 | 36:49 | 168 | 45:45 | 130.87 | 19:14:50 | 8:49 | 29 | 6:40:03 | 113 | 8:38:07 |
| VP23 - Johannistl | 5.89 | 1:29:44 | 15:14 | 41 | 52:53 | 178 | 56:03 | 136.76 | 20:44:34 | 9:06 | 31 | 7:31:29 | 118 | 9:34:10 |
| VP24 - Dammwe | 5.64 | 1:35:41 | 16:57 | 42 | 1:04:00 | 182 | 1:04:00 | 142.40 | 22:20:15 | 9:24 | 33 | 8:35:29 | 119 | 10:37:49 |
| VP25 - Eas Side | 6.33 | 1:45:50 | 16:43 | 41 | 1:08:30 | 179 | 1:08:30 | 148.73 | 24:06:05 | 9:43 | 34 | 9:43:59 | 127 | 11:43:35 |
| VP26 - Checkpoir | 4.22 | 1:31:35 | 21:42 | 42 | 1:08:42 | 181 | 1:08:42 | 152.95 | 25:37:40 | 10:03 | 35 | 10:52:41 | 139 | 12:51:06 |
| VP27 - Gedenkst. | 4.12 | 58:53 | 14:17 | 38 | 34:10 | 159 | 34:10 | 157.07 | 26:36:33 | 10:09 | 35 | 11:26:51 | 138 | 13:23:35 |
| Friedrich-Ludwig | 4.78 | 51:31 | 10:46 | 30 | 27:08 | 121 | 27:08 | 161.85 | 27:28:04 | 10:10 | 35 | 11:53:59 | 137 | 13:47:53 |