



## evaluación detallada

Gnauert, Rene

Asociación: keiner  
Dorsal: 166

recorrido: 161.85 km  
100MeilenBerlin

categoría:  
Senioren M40 (40-44 Jahre)

tiempo total: 28:10:19

velocidad: 5.71 km/h  
rendimiento en carrera: 10:26 min/km

posición en el recorrido/Total: 180 (de 296)  
posición en el recorrido/Men: 154 (de 247)  
mejor tiempo del recorrido: 13:40:11

posición en la categoría: 26(de 38)  
mejor tiempo en la categoría: 15:35:03

### 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 |         |         |          |         |          |
|                     |             |                 |                        | retraso     | retraso | retraso | retraso     | retraso         | retraso           | retraso | retraso | retraso  | retraso | retraso  |
| VP1 - S-Bahnhof     | 6.93        | 47:36           | 6:52                   | 32          | 14:57   | 183     | 15:20       | 6.93            | 47:36             | 6:52    | 32      | 14:57    | 183     | 15:20    |
| VP2 - Laufftreff Li | 5.70        | 40:59           | 7:11                   | 33          | 13:28   | 191     | 15:03       | 12.63           | 1:28:35           | 7:00    | 32      | 28:25    | 186     | 30:23    |
| VP3 - Oranienbur    | 5.47        | 39:34           | 7:14                   | 32          | 14:36   | 192     | 15:48       | 18.10           | 2:08:09           | 7:04    | 33      | 43:01    | 189     | 46:10    |
| VP4 - Naturschut    | 4.97        | 44:37           | 8:58                   | 34          | 18:59   | 219     | 21:28       | 23.07           | 2:52:46           | 7:29    | 33      | 1:02:00  | 201     | 1:07:38  |
| VP5 - Frohnau       | 6.80        | 48:20           | 7:06                   | 29          | 16:22   | 154     | 18:02       | 29.87           | 3:41:06           | 7:24    | 33      | 1:18:22  | 192     | 1:25:34  |
| VP6 - Ruderclub     | 4.06        | 36:25           | 8:58                   | 30          | 16:46   | 169     | 17:56       | 33.93           | 4:17:31           | 7:35    | 32      | 1:35:08  | 188     | 1:43:30  |
| VP7 - Grenzturm     | 4.75        | 36:02           | 7:35                   | 30          | 13:24   | 158     | 15:14       | 38.68           | 4:53:33           | 7:35    | 32      | 1:48:32  | 178     | 1:58:44  |
| VP8 - Schönwald     | 7.53        | 1:05:10         | 8:39                   | 30          | 27:25   | 185     | 29:34       | 46.21           | 5:58:43           | 7:45    | 32      | 2:15:57  | 182     | 2:28:18  |
| VP9 - Falkenseer    | 5.69        | 47:35           | 8:21                   | 25          | 17:26   | 132     | 20:27       | 51.90           | 6:46:18           | 7:49    | 31      | 2:33:23  | 170     | 2:48:45  |
| VP10 - Karolinenl   | 6.60        | 1:00:10         | 9:06                   | 26          | 25:38   | 150     | 30:01       | 58.50           | 7:46:28           | 7:58    | 31      | 2:59:01  | 164     | 3:18:46  |
| VP11 - Pagel & Fi   | 4.90        | 46:18           | 9:26                   | 21          | 19:05   | 122     | 23:33       | 63.40           | 8:32:46           | 8:05    | 30      | 3:18:06  | 158     | 3:42:19  |
| VP12 - Schloss S    | 7.62        | 1:26:44         | 11:22                  | 31          | 42:57   | 178     | 50:57       | 71.02           | 9:59:30           | 8:26    | 30      | 4:01:03  | 159     | 4:33:16  |
| VP13 - Revierförs   | 6.21        | 52:28           | 8:26                   | 17          | 15:10   | 99      | 22:48       | 77.23           | 10:51:58          | 8:26    | 29      | 4:16:13  | 155     | 4:56:04  |
| VP14 - Brauhaus     | 6.00        | 56:00           | 9:20                   | 23          | 18:38   | 138     | 26:28       | 83.23           | 11:47:58          | 8:30    | 29      | 4:34:51  | 154     | 5:22:32  |
| VP15 - Gedenkst.    | 6.90        | 1:07:26         | 9:46                   | 26          | 27:32   | 147     | 32:43       | 90.13           | 12:55:24          | 8:36    | 29      | 5:02:23  | 153     | 5:55:15  |
| VP16 - Königswe     | 6.87        | 1:24:16         | 12:15                  | 33          | 43:27   | 201     | 50:32       | 97.00           | 14:19:40          | 8:51    | 29      | 5:45:50  | 157     | 6:45:47  |
| VP17 - Sportplatz   | 6.20        | 1:34:11         | 15:11                  | 28          | 54:59   | 189     | 1:02:34     | 103.20          | 15:53:51          | 9:14    | 30      | 6:40:49  | 159     | 7:48:21  |
| VP18 - Osdorfer     | 6.49        | 1:07:42         | 10:25                  | 24          | 26:40   | 134     | 33:45       | 109.69          | 17:01:33          | 9:18    | 28      | 7:07:29  | 154     | 8:22:06  |
| VP19 - Lichtenra    | 5.71        | 1:08:25         | 11:58                  | 27          | 33:19   | 181     | 39:06       | 115.40          | 18:09:58          | 9:26    | 28      | 7:39:55  | 157     | 9:01:12  |
| VP20 - Kirchhain    | 4.35        | 1:02:12         | 14:17                  | 28          | 34:32   | 175     | 37:54       | 119.75          | 19:12:10          | 9:37    | 28      | 8:11:39  | 154     | 9:39:06  |
| VP21 - Buckow       | 6.15        | 1:31:41         | 14:54                  | 29          | 53:22   | 187     | 56:41       | 125.90          | 20:43:51          | 9:52    | 28      | 9:03:03  | 159     | 10:35:47 |
| VP22 - Rudow        | 4.97        | 1:07:12         | 13:31                  | 24          | 36:43   | 169     | 45:49       | 130.87          | 21:51:03          | 10:01   | 27      | 9:37:43  | 156     | 11:14:20 |
| VP23 - Johannistl   | 5.89        | 1:17:22         | 13:08                  | 25          | 40:03   | 159     | 43:41       | 136.76          | 23:08:25          | 10:09   | 27      | 10:16:37 | 157     | 11:58:01 |
| VP24 - Dammwe       | 5.64        | 1:14:36         | 13:13                  | 28          | 38:40   | 162     | 42:55       | 142.40          | 24:23:01          | 10:16   | 26      | 10:53:24 | 157     | 12:40:35 |
| VP25 - Eas Side     | 6.33        | 1:15:37         | 11:56                  | 19          | 33:13   | 122     | 38:17       | 148.73          | 25:38:38          | 10:20   | 26      | 11:25:51 | 154     | 13:16:08 |
| VP26 - Checkpoir    | 4.22        | 50:29           | 11:57                  | 18          | 25:27   | 146     | 27:36       | 152.95          | 26:29:07          | 10:23   | 26      | 11:48:08 | 158     | 13:42:33 |
| VP27 - Gedenkst.    | 4.12        | 49:55           | 12:06                  | 15          | 24:03   | 117     | 25:12       | 157.07          | 27:19:02          | 10:26   | 26      | 12:12:11 | 157     | 14:06:04 |
| Friedrich-Ludwig    | 4.78        | 51:17           | 10:43                  | 18          | 23:05   | 119     | 26:54       | 161.85          | 28:10:19          | 10:26   | 26      | 12:35:16 | 154     | 14:30:08 |