



# 100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

## evaluación detallada

**Kohlsdorf, Detlef**

Asociación: LG Neueppin

Dorsal: 24

recorrido: 161.85 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 18:03:51

velocidad: 8.91 km/h

rendimiento en carrera: 6:42 min/km

posición en el recorrido/Total: 13 (de 296)

posición en el recorrido/Men: 12 (de 247)

mejor tiempo del recorrido: 13:40:11

posición en la categoría: 1(de 51)

mejor tiempo en la categoría: 18:03:51

### tiempos parciales

### stage score

### Total score

| control             | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | stage score |          |             | Total score     |                   |                   |          |          |         |    |         |
|---------------------|-------------|-----------------|------------------------|-------------|----------|-------------|-----------------|-------------------|-------------------|----------|----------|---------|----|---------|
|                     |             |                 |                        | retraso     | posición | retraso     | Total<br>km     | Total<br>tiempo   | Total<br>posición | retraso  | posición | retraso |    |         |
|                     |             |                 | retraso                | posición    | retraso  | Total<br>km | Total<br>tiempo | Total<br>posición | retraso           | posición | retraso  |         |    |         |
| VP1 - S-Bahnhof     | 6.93        | 33:19           | 4:48                   | 2           | 0:01     | 11          | 1:03            | 6.93              | 33:19             | 4:48     | 2        | 0:01    | 11 | 1:03    |
| VP2 - Laufftreff Li | 5.70        | 27:45           | 4:52                   | 2           | 0:06     | 9           | 1:49            | 12.63             | 1:01:04           | 4:50     | 2        | 0:07    | 10 | 2:52    |
| VP3 - Oranienbur    | 5.47        | 26:12           | 4:47                   | 1           | -        | 8           | 2:26            | 18.10             | 1:27:16           | 4:49     | 1        | -       | 9  | 5:17    |
| VP4 - Naturschut    | 4.97        | 24:51           | 5:00                   | 1           | -        | 7           | 1:42            | 23.07             | 1:52:07           | 4:51     | 1        | -       | 8  | 6:59    |
| VP5 - Frohnau       | 6.80        | 32:44           | 4:48                   | 1           | -        | 5           | 2:26            | 29.87             | 2:24:51           | 4:50     | 1        | -       | 7  | 9:19    |
| VP6 - Ruderclub     | 4.06        | 21:29           | 5:17                   | 1           | -        | 7           | 3:00            | 33.93             | 2:46:20           | 4:54     | 1        | -       | 7  | 12:19   |
| VP7 - Grenzturm     | 4.75        | 25:23           | 5:20                   | 1           | -        | 9           | 4:35            | 38.68             | 3:11:43           | 4:57     | 1        | -       | 7  | 16:54   |
| VP8 - Schönwald     | 7.53        | 42:27           | 5:38                   | 1           | -        | 11          | 6:51            | 46.21             | 3:54:10           | 5:04     | 1        | -       | 7  | 23:45   |
| VP9 - Falkenseer    | 5.69        | 33:50           | 5:56                   | 1           | -        | 13          | 6:42            | 51.90             | 4:28:00           | 5:09     | 1        | -       | 7  | 30:27   |
| VP10 - Karolinenl   | 6.60        | 40:29           | 6:08                   | 3           | 0:17     | 14          | 10:20           | 58.50             | 5:08:29           | 5:16     | 1        | -       | 7  | 40:47   |
| VP11 - Pagel & Fi   | 4.90        | 31:51           | 6:30                   | 3           | 1:44     | 16          | 9:06            | 63.40             | 5:40:20           | 5:22     | 1        | -       | 7  | 49:53   |
| VP12 - Schloss S    | 7.62        | 48:13           | 6:19                   | 1           | -        | 11          | 12:26           | 71.02             | 6:28:33           | 5:28     | 1        | -       | 7  | 1:02:19 |
| VP13 - Revierförs   | 6.21        | 40:59           | 6:35                   | 2           | 0:10     | 12          | 11:19           | 77.23             | 7:09:32           | 5:33     | 1        | -       | 8  | 1:13:38 |
| VP14 - Brauhaus     | 6.00        | 42:36           | 7:06                   | 2           | 0:25     | 20          | 13:04           | 83.23             | 7:52:08           | 5:40     | 1        | -       | 8  | 1:26:42 |
| VP15 - Gedenkst.    | 6.90        | 49:47           | 7:12                   | 4           | 4:39     | 29          | 15:04           | 90.13             | 8:41:55           | 5:47     | 1        | -       | 8  | 1:41:46 |
| VP16 - Königswe     | 6.87        | 48:42           | 7:05                   | 1           | -        | 15          | 14:58           | 97.00             | 9:30:37           | 5:52     | 1        | -       | 8  | 1:56:44 |
| VP17 - Sportplatz   | 6.20        | 45:34           | 7:20                   | 2           | 0:45     | 15          | 13:57           | 103.20            | 10:16:11          | 5:58     | 1        | -       | 9  | 2:10:41 |
| VP18 - Osdorfer     | 6.49        | 48:22           | 7:27                   | 2           | 2:01     | 23          | 14:25           | 109.69            | 11:04:33          | 6:03     | 1        | -       | 10 | 2:25:06 |
| VP19 - Lichtenra    | 5.71        | 43:02           | 7:32                   | 3           | 3:04     | 29          | 13:43           | 115.40            | 11:47:35          | 6:07     | 1        | -       | 10 | 2:38:49 |
| VP20 - Kirchhain    | 4.35        | 35:40           | 8:11                   | 4           | 4:23     | 31          | 11:22           | 119.75            | 12:23:15          | 6:12     | 1        | -       | 10 | 2:50:11 |
| VP21 - Buckow       | 6.15        | 45:56           | 7:28                   | 2           | 2:38     | 20          | 10:56           | 125.90            | 13:09:11          | 6:16     | 1        | -       | 11 | 3:01:07 |
| VP22 - Rudow        | 4.97        | 41:56           | 8:26                   | 4           | 4:35     | 21          | 20:33           | 130.87            | 13:51:07          | 6:21     | 1        | -       | 10 | 3:14:24 |
| VP23 - Johannistl   | 5.89        | 47:26           | 8:03                   | 4           | 1:44     | 20          | 13:45           | 136.76            | 14:38:33          | 6:25     | 1        | -       | 10 | 3:28:09 |
| VP24 - Dammwe       | 5.64        | 50:25           | 8:56                   | 7           | 9:54     | 39          | 18:44           | 142.40            | 15:28:58          | 6:31     | 1        | -       | 10 | 3:46:32 |
| VP25 - Eas Side     | 6.33        | 53:48           | 8:29                   | 4           | 5:52     | 20          | 16:28           | 148.73            | 16:22:46          | 6:36     | 1        | -       | 11 | 4:00:16 |
| VP26 - Checkpoir    | 4.22        | 32:01           | 7:35                   | 3           | 2:21     | 13          | 9:08            | 152.95            | 16:54:47          | 6:38     | 1        | -       | 11 | 4:08:13 |
| VP27 - Gedenkst.    | 4.12        | 34:44           | 8:25                   | 6           | 3:37     | 19          | 10:01           | 157.07            | 17:29:31          | 6:40     | 1        | -       | 12 | 4:16:33 |
| Friedrich-Ludwig    | 4.78        | 34:20           | 7:10                   | 4           | 6:22     | 22          | 9:57            | 161.85            | 18:03:51          | 6:41     | 1        | -       | 12 | 4:23:40 |