



# 100MeilenBerlin Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## evaluación detallada

**Herget, Thomas**

Asociación: LG Fulda

Dorsal: 307

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 19:46:17

velocidad: 8.14 km/h

rendimiento en carrera: 7:20 min/km

posición en el recorrido/Total: 27 (de 319)

posición en el recorrido/Men: 23 (de 257)

mejor tiempo del recorrido: 15:20:48

posición en la categoría: 9(de 59)

mejor tiempo en la categoría: 17:12:46

### tiempos parciales

### stage score

### Total score

| control             | etapa km | etapa tiempo | etapaposisió min/km | stage score           |                       |                       | Total score |              |                       |      |   |         |    |          |
|---------------------|----------|--------------|---------------------|-----------------------|-----------------------|-----------------------|-------------|--------------|-----------------------|------|---|---------|----|----------|
|                     |          |              |                     | retraso categoría Men | retraso categoría Men | retraso categoría Men | Total km    | Total tiempo | Total posición min/km |      |   |         |    |          |
| VP1 - Brandenbu     | 7.30     | 39:43        | 5:26                | 4                     | 4:52                  | 11                    | 6:26        | 7.30         | 39:43                 | 5:26 | 4 | 4:52    | 11 | 6:26     |
| VP2 - East Side C   | 6.46     | 35:34        | 5:30                | 4                     | 5:28                  | 16                    | 5:28        | 13.76        | 1:15:17               | 5:28 | 4 | 10:13   | 13 | 11:39    |
| VP3 - Dammweg       | 5.90     | 31:48        | 5:23                | 4                     | 4:13                  | 13                    | 4:13        | 19.66        | 1:47:05               | 5:26 | 4 | 14:24   | 15 | 14:24    |
| VP4 - Johannisth    | 5.64     | 28:37        | 5:04                | 4                     | 2:02                  | 6                     | 2:02        | 25.30        | 2:15:42               | 5:21 | 4 | 16:26   | 9  | 16:26    |
| VP5 - U-Bahnhof     | 5.90     | 31:45        | 5:22                | 4                     | 2:51                  | 9                     | 2:51        | 31.20        | 2:47:27               | 5:22 | 4 | 18:55   | 9  | 18:55    |
| VP6 - Buckow        | 4.92     | 26:01        | 5:17                | 4                     | 1:23                  | 5                     | 1:23        | 36.12        | 3:13:28               | 5:21 | 4 | 20:18   | 9  | 20:18    |
| VP7 - Kirchhainer   | 6.17     | 32:42        | 5:17                | 4                     | 1:38                  | 4                     | 1:38        | 42.29        | 3:46:10               | 5:20 | 4 | 21:56   | 9  | 21:56    |
| VP8 - Lichtenradi   | 4.37     | 23:21        | 5:20                | 2                     | 1:16                  | 4                     | 1:16        | 46.66        | 4:09:31               | 5:20 | 4 | 23:12   | 9  | 23:12    |
| VP9 - Osdorfer St   | 5.71     | 30:57        | 5:25                | 4                     | 1:25                  | 11                    | 1:25        | 52.37        | 4:40:28               | 5:21 | 4 | 24:37   | 8  | 24:37    |
| VP10 - Sportplatz   | 6.50     | 54:16        | 8:20                | 21                    | 19:26                 | 74                    | 19:26       | 58.87        | 5:34:44               | 5:41 | 4 | 44:03   | 12 | 44:03    |
| VP11 - Königsw      | 6.22     | 37:50        | 6:04                | 3                     | 2:45                  | 8                     | 3:40        | 65.09        | 6:12:34               | 5:43 | 4 | 40:21   | 11 | 40:21    |
| VP12 - Gedenkst     | 6.85     | 44:41        | 6:31                | 4                     | 4:08                  | 13                    | 6:18        | 71.94        | 6:57:15               | 5:47 | 4 | 42:30   | 10 | 42:30    |
| VP13 - Brauhaus     | 6.88     | 51:08        | 7:25                | 9                     | 8:39                  | 32                    | 12:28       | 78.82        | 7:48:23               | 5:56 | 4 | 49:58   | 12 | 49:58    |
| VP14 - Revierförs   | 5.70     | 42:46        | 7:30                | 9                     | 8:26                  | 25                    | 10:42       | 84.52        | 8:31:09               | 6:02 | 4 | 58:24   | 12 | 58:24    |
| VP15 - Schloss S    | 6.24     | 47:26        | 7:36                | 6                     | 8:12                  | 15                    | 10:55       | 90.76        | 9:18:35               | 6:09 | 4 | 1:06:36 | 11 | 1:06:36  |
| VP16 - Pagel & Fi   | 7.60     | 1:01:52      | 8:08                | 13                    | 13:39                 | 38                    | 18:09       | 98.36        | 10:20:27              | 6:18 | 4 | 1:20:15 | 11 | 1:20:15  |
| VP17 - Karolinenl   | 4.91     | 31:41        | 6:27                | 1                     | -                     | 5                     | 3:14        | 103.27       | 10:52:08              | 6:18 | 4 | 1:18:59 | 10 | 1:20:33  |
| VP18 - Falkensee    | 6.60     | 50:59        | 7:43                | 10                    | 8:28                  | 34                    | 12:37       | 109.87       | 11:43:07              | 6:23 | 4 | 1:23:09 | 11 | 1:32:12  |
| VP19 - Schönwal     | 5.95     | 1:00:36      | 10:11               | 27                    | 22:25                 | 94                    | 25:20       | 115.82       | 12:43:43              | 6:35 | 6 | 1:41:46 | 16 | 1:57:32  |
| VP20 - Grenzturn    | 7.60     | 1:20:21      | 10:34               | 29                    | 33:20                 | 117                   | 37:10       | 123.42       | 14:04:04              | 6:50 | 7 | 2:06:12 | 20 | 2:34:42  |
| VP21 - Ruderclub    | 4.78     | 1:02:29      | 13:04               | 32                    | 29:59                 | 127                   | 35:14       | 128.20       | 15:06:33              | 7:04 | 8 | 2:30:18 | 26 | 3:09:56  |
| VP22 - Frohnau      | 4.07     | 31:58        | 7:51                | 7                     | 4:49                  | 19                    | 7:29        | 132.27       | 15:38:31              | 7:05 | 8 | 2:33:55 | 25 | 3:17:19  |
| VP23 - Naturschu    | 6.61     | 49:53        | 7:32                | 8                     | 3:08                  | 16                    | 10:14       | 138.88       | 16:28:24              | 7:07 | 8 | 2:35:09 | 24 | 3:26:06  |
| VP24 - Oranienbu    | 4.98     | 43:45        | 8:47                | 13                    | 11:24                 | 30                    | 13:59       | 143.86       | 17:12:09              | 7:10 | 8 | 2:38:25 | 23 | 3:39:10  |
| VP25 - Laufftreff l | 5.34     | 56:37        | 10:36               | 28                    | 26:40                 | 97                    | 26:40       | 149.20       | 18:08:46              | 7:17 | 8 | 2:44:27 | 22 | 4:02:57  |
| VP26 - Wilhelmsr    | 5.72     | 45:40        | 7:59                | 16                    | 12:08                 | 41                    | 13:32       | 154.92       | 18:54:26              | 7:19 | 9 | 2:38:32 | 23 | 4:15:59  |
| VP27 - Wollankst    | 3.02     | 26:04        | 8:37                | 13                    | 7:42                  | 34                    | 16:29       | 157.94       | 19:20:30              | 7:20 | 9 | 2:33:15 | 24 | 11:49:21 |
| Friedrich-Ludwig    | 3.96     | 25:47        | 6:30                | 10                    | 5:22                  | 25                    | 5:22        | 161.90       | 19:46:17              | 7:19 | 9 | 2:33:31 | 23 | 4:25:29  |