



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

evaluación detallada

Gonschorek, Sebastian

Asociación: LG Völkxen

Dorsal: 231

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M35 (35-39 Jahre)

tiempo total: 23:11:11

velocidad: 6.94 km/h

rendimiento en carrera: 8:35 min/km

posición en el recorrido/Total: 83 (de 319)

posición en el recorrido/Men: 68 (de 257)

mejor tiempo del recorrido: 15:20:48

posición en la categoría: 10(de 34)

mejor tiempo en la categoría: 16:12:41

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 | | | | | |
| VP1 - Brandenbu | 7.30 | 48:52 | 6:41 | 14 | 15:35 | 125 | 15:35 | 7.30 | 48:52 | 6:41 | 14 | 15:35 | 125 | 15:35 |
| VP2 - East Side C | 6.46 | 42:28 | 6:34 | 14 | 12:07 | 100 | 12:22 | 13.76 | 1:31:20 | 6:38 | 14 | 27:42 | 113 | 27:42 |
| VP3 - Dammweg | 5.90 | 39:44 | 6:44 | 15 | 9:49 | 107 | 12:09 | 19.66 | 2:11:04 | 6:39 | 16 | 37:31 | 112 | 38:23 |
| VP4 - Johannisth | 5.64 | 37:55 | 6:43 | 15 | 9:45 | 97 | 11:20 | 25.30 | 2:48:59 | 6:40 | 15 | 46:30 | 106 | 49:43 |
| VP5 - U-Bahnhof | 5.90 | 40:48 | 6:54 | 13 | 10:09 | 93 | 11:54 | 31.20 | 3:29:47 | 6:43 | 13 | 54:41 | 104 | 1:01:15 |
| VP6 - Buckow | 4.92 | 37:36 | 7:38 | 18 | 11:43 | 138 | 12:58 | 36.12 | 4:07:23 | 6:50 | 14 | 1:04:53 | 109 | 1:14:13 |
| VP7 - Kirchhainer | 6.17 | 42:06 | 6:49 | 11 | 9:17 | 57 | 11:02 | 42.29 | 4:49:29 | 6:50 | 13 | 1:11:05 | 100 | 1:25:15 |
| VP8 - Lichtenradi | 4.37 | 30:58 | 7:05 | 13 | 8:04 | 88 | 8:53 | 46.66 | 5:20:27 | 6:52 | 13 | 1:18:04 | 99 | 1:34:08 |
| VP9 - Osdorfer St | 5.71 | 38:41 | 6:46 | 11 | 8:09 | 69 | 9:09 | 52.37 | 5:59:08 | 6:51 | 13 | 1:25:02 | 97 | 1:43:17 |
| VP10 - Sportplatz | 6.50 | 1:31:51 | 14:07 | 26 | 56:27 | 221 | 57:01 | 58.87 | 7:30:59 | 7:39 | 16 | 2:18:06 | 135 | 2:40:18 |
| VP11 - Königsw | 6.22 | 47:20 | 7:36 | 10 | 11:04 | 50 | 13:10 | 65.09 | 8:18:19 | 7:39 | 16 | 2:29:10 | 125 | 2:46:06 |
| VP12 - Gedenkst | 6.85 | 52:14 | 7:37 | 10 | 12:45 | 49 | 13:51 | 71.94 | 9:10:33 | 7:39 | 16 | 2:41:55 | 112 | 2:55:48 |
| VP13 - Brauhaus | 6.88 | 1:11:24 | 10:22 | 25 | 32:16 | 174 | 32:44 | 78.82 | 10:21:57 | 7:53 | 17 | 3:14:11 | 124 | 3:23:32 |
| VP14 - Revierförs | 5.70 | 49:59 | 8:46 | 11 | 15:02 | 78 | 17:55 | 84.52 | 11:11:56 | 7:56 | 16 | 3:29:13 | 116 | 3:39:11 |
| VP15 - Schloss S | 6.24 | 1:20:39 | 12:55 | 21 | 40:51 | 152 | 44:08 | 90.76 | 12:32:35 | 8:17 | 17 | 4:05:14 | 126 | 4:20:36 |
| VP16 - Pagel & Fi | 7.60 | 1:06:22 | 8:43 | 10 | 17:03 | 59 | 22:39 | 98.36 | 13:38:57 | 8:19 | 16 | 4:22:17 | 121 | 4:38:45 |
| VP17 - Karolinenl | 4.91 | 35:55 | 7:18 | 4 | 5:43 | 23 | 7:28 | 103.27 | 14:14:52 | 8:16 | 16 | 4:28:00 | 112 | 4:43:17 |
| VP18 - Falkensee | 6.60 | 1:02:00 | 9:23 | 16 | 21:51 | 99 | 23:38 | 109.87 | 15:16:52 | 8:20 | 16 | 4:46:16 | 109 | 5:05:57 |
| VP19 - Schönwal | 5.95 | 52:49 | 8:52 | 10 | 11:19 | 60 | 17:33 | 115.82 | 16:09:41 | 8:22 | 15 | 4:56:16 | 104 | 5:23:30 |
| VP20 - Grenzturn | 7.60 | 1:00:28 | 7:57 | 7 | 7:12 | 27 | 17:17 | 123.42 | 17:10:09 | 8:20 | 12 | 5:03:28 | 93 | 5:40:47 |
| VP21 - Ruderclub | 4.78 | 1:02:18 | 13:02 | 16 | 29:20 | 124 | 35:03 | 128.20 | 18:12:27 | 8:31 | 13 | 5:27:28 | 93 | 6:15:50 |
| VP22 - Frohnau | 4.07 | 34:25 | 8:27 | 7 | 7:22 | 31 | 9:56 | 132.27 | 18:46:52 | 8:31 | 12 | 5:34:50 | 89 | 6:25:40 |
| VP23 - Naturschu | 6.61 | 57:23 | 8:40 | 4 | 16:48 | 32 | 17:44 | 138.88 | 19:44:15 | 8:31 | 11 | 5:51:38 | 84 | 6:41:57 |
| VP24 - Oranienbu | 4.98 | 48:36 | 9:45 | 11 | 18:50 | 55 | 18:50 | 143.86 | 20:32:51 | 8:34 | 11 | 6:10:28 | 79 | 6:59:52 |
| VP25 - Laufftreff l | 5.34 | 50:33 | 9:27 | 8 | 16:54 | 53 | 20:36 | 149.20 | 21:23:24 | 8:36 | 10 | 6:27:22 | 77 | 7:17:35 |
| VP26 - Wilhelmsr | 5.72 | 46:48 | 8:10 | 7 | 14:40 | 59 | 14:40 | 154.92 | 22:10:12 | 8:35 | 10 | 6:42:02 | 74 | 7:31:45 |
| VP27 - Wollankst | 3.02 | 29:15 | 9:41 | 7 | 6:51 | 56 | 19:40 | 157.94 | 22:39:27 | 8:36 | 10 | 6:48:53 | 73 | 15:08:18 |
| Friedrich-Ludwig | 3.96 | 31:44 | 8:00 | 8 | 9:37 | 69 | 11:19 | 161.90 | 23:11:11 | 8:35 | 10 | 6:58:30 | 68 | 7:50:23 |