



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

evaluación detallada

Sigl, Holger

Asociación: Ultrafriesen e.V.

Dorsal: 142

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 23:21:15

velocidad: 6.89 km/h

rendimiento en carrera: 8:40 min/km

posición en el recorrido/Total: 90 (de 319)

posición en el recorrido/Men: 75 (de 257)

mejor tiempo del recorrido: 15:20:48

posición en la categoría: 24(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 | posición | retraso | retraso | posición | retraso | | | | | |
| | | | Men | Men | Men | Total km | Total tiempo | Total min/km | posición | retraso | posición | retraso | | |
| VP1 - Brandenbu | 7.30 | 41:44 | 5:43 | 6 | 6:53 | 27 | 8:27 | 7.30 | 41:44 | 5:43 | 6 | 6:53 | 27 | 8:27 |
| VP2 - East Side C | 6.46 | 38:31 | 5:57 | 13 | 8:25 | 43 | 8:25 | 13.76 | 1:20:15 | 5:49 | 9 | 15:11 | 33 | 16:37 |
| VP3 - Dammweg | 5.90 | 34:10 | 5:47 | 7 | 6:35 | 36 | 6:35 | 19.66 | 1:54:25 | 5:49 | 5 | 21:44 | 34 | 21:44 |
| VP4 - Johannisth | 5.64 | 32:49 | 5:49 | 6 | 6:14 | 31 | 6:14 | 25.30 | 2:27:14 | 5:49 | 6 | 27:58 | 34 | 27:58 |
| VP5 - U-Bahnhof | 5.90 | 35:52 | 6:04 | 7 | 6:58 | 35 | 6:58 | 31.20 | 3:03:06 | 5:52 | 5 | 34:34 | 32 | 34:34 |
| VP6 - Buckow | 4.92 | 30:45 | 6:15 | 10 | 6:07 | 38 | 6:07 | 36.12 | 3:33:51 | 5:55 | 6 | 40:41 | 34 | 40:41 |
| VP7 - Kirchhainer | 6.17 | 39:58 | 6:28 | 14 | 8:54 | 44 | 8:54 | 42.29 | 4:13:49 | 6:00 | 7 | 49:35 | 33 | 49:35 |
| VP8 - Lichtenradi | 4.37 | 28:58 | 6:37 | 17 | 6:53 | 57 | 6:53 | 46.66 | 4:42:47 | 6:03 | 12 | 56:28 | 41 | 56:28 |
| VP9 - Osdorfer St | 5.71 | 42:04 | 7:22 | 33 | 12:32 | 120 | 12:32 | 52.37 | 5:24:51 | 6:12 | 13 | 1:09:00 | 45 | 1:09:00 |
| VP10 - Sportplatz | 6.50 | 1:00:44 | 9:20 | 34 | 25:54 | 108 | 25:54 | 58.87 | 6:25:35 | 6:32 | 16 | 1:34:54 | 57 | 1:34:54 |
| VP11 - Königsw | 6.22 | 49:31 | 7:57 | 21 | 14:26 | 76 | 15:21 | 65.09 | 7:15:06 | 6:41 | 15 | 1:42:53 | 52 | 1:42:53 |
| VP12 - Gedenkst | 6.85 | 56:42 | 8:16 | 24 | 16:09 | 83 | 18:19 | 71.94 | 8:11:48 | 6:50 | 15 | 1:57:03 | 57 | 1:57:03 |
| VP13 - Brauhaus | 6.88 | 1:05:07 | 9:27 | 36 | 22:38 | 132 | 26:27 | 78.82 | 9:16:55 | 7:03 | 20 | 2:18:30 | 64 | 2:18:30 |
| VP14 - Revierförs | 5.70 | 53:50 | 9:26 | 34 | 19:30 | 127 | 21:46 | 84.52 | 10:10:45 | 7:13 | 21 | 2:38:00 | 69 | 2:38:00 |
| VP15 - Schloss S | 6.24 | 1:01:07 | 9:47 | 24 | 21:53 | 72 | 24:36 | 90.76 | 11:11:52 | 7:24 | 21 | 2:59:53 | 67 | 2:59:53 |
| VP16 - Pagel & Fi | 7.60 | 1:21:58 | 10:47 | 42 | 33:45 | 163 | 38:15 | 98.36 | 12:33:50 | 7:39 | 21 | 3:33:38 | 68 | 3:33:38 |
| VP17 - Karolinenl | 4.91 | 47:47 | 9:43 | 30 | 16:06 | 117 | 19:20 | 103.27 | 13:21:37 | 7:45 | 23 | 3:48:28 | 70 | 3:50:02 |
| VP18 - Falkensee | 6.60 | 53:42 | 8:08 | 16 | 11:11 | 45 | 15:20 | 109.87 | 14:15:19 | 7:47 | 21 | 3:55:21 | 69 | 4:04:24 |
| VP19 - Schönwal | 5.95 | 47:36 | 8:00 | 13 | 9:25 | 30 | 12:20 | 115.82 | 15:02:55 | 7:47 | 20 | 4:00:58 | 62 | 4:16:44 |
| VP20 - Grenzturn | 7.60 | 1:16:22 | 10:02 | 26 | 29:21 | 96 | 33:11 | 123.42 | 16:19:17 | 7:56 | 19 | 4:21:25 | 63 | 4:49:55 |
| VP21 - Ruderclub | 4.78 | 48:29 | 10:08 | 18 | 15:59 | 61 | 21:14 | 128.20 | 17:07:46 | 8:01 | 19 | 4:31:31 | 60 | 5:11:09 |
| VP22 - Frohnau | 4.07 | 40:31 | 9:57 | 23 | 13:22 | 84 | 16:02 | 132.27 | 17:48:17 | 8:04 | 18 | 4:43:41 | 61 | 5:27:05 |
| VP23 - Naturschu | 6.61 | 1:08:22 | 10:20 | 27 | 21:37 | 87 | 28:43 | 138.88 | 18:56:39 | 8:11 | 20 | 5:03:24 | 60 | 5:54:21 |
| VP24 - Oranienbu | 4.98 | 58:20 | 11:42 | 33 | 25:59 | 128 | 28:34 | 143.86 | 19:54:59 | 8:18 | 21 | 5:21:15 | 65 | 6:22:00 |
| VP25 - Laufftreff l | 5.34 | 1:01:29 | 11:30 | 33 | 31:32 | 134 | 31:32 | 149.20 | 20:56:28 | 8:25 | 22 | 5:32:09 | 65 | 6:50:39 |
| VP26 - Wilhelmsr | 5.72 | 1:04:38 | 11:17 | 37 | 31:06 | 166 | 32:30 | 154.92 | 22:01:06 | 8:31 | 23 | 5:45:12 | 69 | 7:22:39 |
| VP27 - Wollankst | 3.02 | 38:00 | 12:34 | 32 | 19:38 | 138 | 28:25 | 157.94 | 22:39:06 | 8:36 | 23 | 5:51:51 | 71 | 15:07:57 |
| Friedrich-Ludwig | 3.96 | 42:09 | 10:38 | 30 | 21:44 | 149 | 21:44 | 161.90 | 23:21:15 | 8:39 | 24 | 6:08:29 | 75 | 8:00:27 |