



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## evaluación detallada

**Sommer, Norbert**

Asociación: TuS Altenberge 09

Dorsal: 209

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 25:32:18

velocidad: 6.30 km/h

rendimiento en carrera: 9:28 min/km

posición en el recorrido/Total: 143 (de 319)

posición en el recorrido/Men: 118 (de 257)

mejor tiempo del recorrido: 15:20:48

posición en la categoría: 24(de 50)

mejor tiempo en la categoría: 15:44:00

### 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 |      |    |         |     |          |
| VP1 - Brandenbu     | 7.30        | 51:24           | 7:02                   | 35          | 14:23   | 178     | 18:07       | 7.30            | 51:24             | 7:02 | 35 | 14:23   | 178 | 18:07    |
| VP2 - East Side C   | 6.46        | 46:27           | 7:11                   | 33          | 14:07   | 160     | 16:21       | 13.76           | 1:37:51           | 7:06 | 34 | 28:30   | 164 | 34:13    |
| VP3 - Dammweg       | 5.90        | 42:43           | 7:14                   | 36          | 12:40   | 173     | 15:08       | 19.66           | 2:20:34           | 7:08 | 34 | 41:10   | 167 | 47:53    |
| VP4 - Johannisth    | 5.64        | 41:23           | 7:20                   | 33          | 12:38   | 158     | 14:48       | 25.30           | 3:01:57           | 7:11 | 35 | 53:48   | 160 | 1:02:41  |
| VP5 - U-Bahnhof     | 5.90        | 46:05           | 7:48                   | 37          | 15:04   | 184     | 17:11       | 31.20           | 3:48:02           | 7:18 | 36 | 1:08:52 | 165 | 1:19:30  |
| VP6 - Buckow        | 4.92        | 36:30           | 7:25                   | 26          | 9:55    | 128     | 11:52       | 36.12           | 4:24:32           | 7:19 | 34 | 1:18:43 | 154 | 1:31:22  |
| VP7 - Kirchhainer   | 6.17        | 46:47           | 7:34                   | 26          | 12:07   | 121     | 15:43       | 42.29           | 5:11:19           | 7:21 | 34 | 1:30:45 | 148 | 1:47:05  |
| VP8 - Lichtenradi   | 4.37        | 31:03           | 7:06                   | 15          | 6:50    | 92      | 8:58        | 46.66           | 5:42:22           | 7:20 | 30 | 1:36:37 | 141 | 1:56:03  |
| VP9 - Osdorfer St   | 5.71        | 38:35           | 6:45                   | 12          | 7:58    | 67      | 9:03        | 52.37           | 6:20:57           | 7:16 | 28 | 1:37:23 | 134 | 2:05:06  |
| VP10 - Sportplatz   | 6.50        | 58:49           | 9:02                   | 16          | 22:16   | 96      | 23:59       | 58.87           | 7:19:46           | 7:28 | 23 | 1:48:15 | 119 | 2:29:05  |
| VP11 - Königsw      | 6.22        | 48:15           | 7:45                   | 10          | 9:44    | 62      | 14:05       | 65.09           | 8:08:01           | 7:29 | 21 | 1:57:51 | 113 | 2:35:48  |
| VP12 - Gedenkst     | 6.85        | 1:04:54         | 9:28                   | 28          | 26:31   | 146     | 26:31       | 71.94           | 9:12:55           | 7:41 | 20 | 2:24:22 | 115 | 2:58:10  |
| VP13 - Brauhaus     | 6.88        | 1:00:49         | 8:50                   | 16          | 22:09   | 92      | 22:09       | 78.82           | 10:13:44          | 7:47 | 20 | 2:46:31 | 112 | 3:15:19  |
| VP14 - Revierförs   | 5.70        | 53:08           | 9:19                   | 27          | 21:04   | 116     | 21:04       | 84.52           | 11:06:52          | 7:53 | 22 | 3:07:35 | 113 | 3:34:07  |
| VP15 - Schloss S    | 6.24        | 1:17:44         | 12:27                  | 31          | 39:12   | 147     | 41:13       | 90.76           | 12:24:36          | 8:12 | 24 | 3:46:47 | 121 | 4:12:37  |
| VP16 - Pagel & Fi   | 7.60        | 1:12:49         | 9:34                   | 23          | 29:06   | 109     | 29:06       | 98.36           | 13:37:25          | 8:18 | 24 | 4:15:53 | 120 | 4:37:13  |
| VP17 - Karolinenl   | 4.91        | 43:34           | 8:52                   | 17          | 15:07   | 78      | 15:07       | 103.27          | 14:20:59          | 8:20 | 22 | 4:31:00 | 115 | 4:49:24  |
| VP18 - Falkensee    | 6.60        | 1:08:49         | 10:25                  | 31          | 30:27   | 139     | 30:27       | 109.87          | 15:29:48          | 8:27 | 23 | 5:01:27 | 119 | 5:18:53  |
| VP19 - Schönwal     | 5.95        | 56:47           | 9:32                   | 17          | 21:09   | 78      | 21:31       | 115.82          | 16:26:35          | 8:31 | 24 | 5:22:36 | 116 | 5:40:24  |
| VP20 - Grenzturn    | 7.60        | 1:16:50         | 10:06                  | 20          | 31:35   | 98      | 33:39       | 123.42          | 17:43:25          | 8:36 | 24 | 5:54:11 | 115 | 6:14:03  |
| VP21 - Ruderclub    | 4.78        | 1:03:38         | 13:18                  | 28          | 33:12   | 136     | 36:23       | 128.20          | 18:47:03          | 8:47 | 24 | 6:27:23 | 117 | 6:50:26  |
| VP22 - Frohnau      | 4.07        | 38:32           | 9:28                   | 12          | 14:03   | 62      | 14:03       | 132.27          | 19:25:35          | 8:48 | 24 | 6:41:26 | 115 | 7:04:23  |
| VP23 - Naturschu    | 6.61        | 1:13:18         | 11:05                  | 25          | 33:39   | 109     | 33:39       | 138.88          | 20:38:53          | 8:55 | 23 | 7:15:05 | 113 | 7:36:35  |
| VP24 - Oranienbu    | 4.98        | 59:40           | 11:58                  | 33          | 27:53   | 140     | 29:54       | 143.86          | 21:38:33          | 9:01 | 23 | 7:42:58 | 114 | 8:05:34  |
| VP25 - Laufftreff l | 5.34        | 1:03:40         | 11:55                  | 34          | 31:48   | 151     | 33:43       | 149.20          | 22:42:13          | 9:07 | 22 | 8:14:46 | 112 | 8:36:24  |
| VP26 - Wilhelmsr    | 5.72        | 1:10:16         | 12:17                  | 40          | 34:50   | 184     | 38:08       | 154.92          | 23:52:29          | 9:14 | 22 | 8:49:36 | 113 | 9:14:02  |
| VP27 - Wollankst    | 3.02        | 45:53           | 15:11                  | 40          | 26:40   | 184     | 36:18       | 157.94          | 24:38:22          | 9:21 | 23 | 9:16:16 | 115 | 17:07:13 |
| Friedrich-Ludwig    | 3.96        | 53:56           | 13:37                  | 42          | 32:02   | 194     | 33:31       | 161.90          | 25:32:18          | 9:27 | 24 | 9:48:18 | 118 | 10:11:30 |