



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## evaluación detallada

**Maruyama, Tomoyuki**

Asociación: Maraken

Dorsal: 334

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M40 (40-44 Jahre)

tiempo total: 29:11:58

velocidad: 5.51 km/h

rendimiento en carrera: 10:49 min/km

posición en el recorrido/Total: 227 (de 319)

posición en el recorrido/Men: 182 (de 257)

mejor tiempo del recorrido: 15:20:48

posición en la categoría: 22(de 31)

mejor tiempo en la categoría: 15:20:48

### 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 |         |         |          |         |          |
|                     |             |                 | retraso                | retraso     | retraso | retraso | retraso     | retraso         | retraso           | retraso | retraso | retraso  | retraso | retraso  |
| VP1 - Brandenbu     | 7.30        | 53:39           | 7:20                   | 25          | 14:02   | 204     | 20:22       | 7.30            | 53:39             | 7:20    | 25      | 14:02    | 204     | 20:22    |
| VP2 - East Side C   | 6.46        | 53:48           | 8:19                   | 27          | 19:30   | 218     | 23:42       | 13.76           | 1:47:27           | 7:48    | 27      | 33:27    | 215     | 43:49    |
| VP3 - Dammweg       | 5.90        | 45:58           | 7:47                   | 26          | 14:59   | 208     | 18:23       | 19.66           | 2:33:25           | 7:48    | 25      | 48:25    | 213     | 1:00:44  |
| VP4 - Johannisth    | 5.64        | 45:29           | 8:03                   | 27          | 16:33   | 201     | 18:54       | 25.30           | 3:18:54           | 7:51    | 28      | 1:04:58  | 214     | 1:19:38  |
| VP5 - U-Bahnhof     | 5.90        | 46:12           | 7:49                   | 24          | 15:36   | 185     | 17:18       | 31.20           | 4:05:06           | 7:51    | 25      | 1:20:34  | 207     | 1:36:34  |
| VP6 - Buckow        | 4.92        | 43:49           | 8:54                   | 24          | 17:35   | 204     | 19:11       | 36.12           | 4:48:55           | 7:59    | 26      | 1:38:09  | 211     | 1:55:45  |
| VP7 - Kirchhainer   | 6.17        | 51:54           | 8:24                   | 22          | 19:02   | 178     | 20:50       | 42.29           | 5:40:49           | 8:03    | 25      | 1:57:11  | 207     | 2:16:35  |
| VP8 - Lichtenradi   | 4.37        | 35:44           | 8:10                   | 23          | 12:31   | 175     | 13:39       | 46.66           | 6:16:33           | 8:04    | 24      | 2:09:42  | 200     | 2:30:14  |
| VP9 - Osdorfer St   | 5.71        | 44:24           | 7:46                   | 21          | 13:44   | 153     | 14:52       | 52.37           | 7:00:57           | 8:02    | 23      | 2:23:26  | 196     | 2:45:06  |
| VP10 - Sportplatz   | 6.50        | 1:27:54         | 13:31                  | 25          | 50:38   | 212     | 53:04       | 58.87           | 8:28:51           | 8:38    | 24      | 3:14:04  | 204     | 3:38:10  |
| VP11 - Königsw      | 6.22        | 57:07           | 9:10                   | 17          | 22:57   | 144     | 22:57       | 65.09           | 9:25:58           | 8:41    | 24      | 3:37:01  | 199     | 3:53:45  |
| VP12 - Gedenkst     | 6.85        | 1:02:52         | 9:10                   | 18          | 23:28   | 128     | 24:29       | 71.94           | 10:28:50          | 8:44    | 24      | 4:00:29  | 191     | 4:14:05  |
| VP13 - Brauhaus     | 6.88        | 1:16:48         | 11:09                  | 24          | 38:01   | 198     | 38:08       | 78.82           | 11:45:38          | 8:57    | 24      | 4:38:30  | 196     | 4:47:13  |
| VP14 - Revierförs   | 5.70        | 1:00:15         | 10:34                  | 22          | 26:26   | 182     | 28:11       | 84.52           | 12:45:53          | 9:03    | 23      | 5:04:56  | 190     | 5:13:08  |
| VP15 - Schloss S    | 6.24        | 1:40:59         | 16:10                  | 24          | 1:04:28 | 198     | 1:04:28     | 90.76           | 14:26:52          | 9:33    | 23      | 6:09:24  | 199     | 6:14:53  |
| VP16 - Pagel & Fi   | 7.60        | 1:21:51         | 10:46                  | 20          | 36:14   | 162     | 38:08       | 98.36           | 15:48:43          | 9:38    | 23      | 6:45:38  | 198     | 6:48:31  |
| VP17 - Karolinenl   | 4.91        | 58:18           | 11:52                  | 21          | 29:48   | 178     | 29:51       | 103.27          | 16:47:01          | 9:45    | 22      | 7:15:26  | 190     | 7:15:26  |
| VP18 - Falkensee    | 6.60        | 1:30:21         | 13:41                  | 25          | 51:01   | 199     | 51:59       | 109.87          | 18:17:22          | 9:59    | 22      | 8:06:27  | 191     | 8:06:27  |
| VP19 - Schönwal     | 5.95        | 1:21:17         | 13:39                  | 22          | 46:01   | 182     | 46:01       | 115.82          | 19:38:39          | 10:10   | 22      | 8:52:28  | 193     | 8:52:28  |
| VP20 - Grenzturn    | 7.60        | 1:38:44         | 12:59                  | 21          | 55:33   | 181     | 55:33       | 123.42          | 21:17:23          | 10:20   | 22      | 9:48:01  | 188     | 9:48:01  |
| VP21 - Ruderclub    | 4.78        | 1:19:19         | 16:35                  | 21          | 52:04   | 177     | 52:04       | 128.20          | 22:36:42          | 10:34   | 23      | 10:40:05 | 190     | 10:40:05 |
| VP22 - Frohnau      | 4.07        | 49:45           | 12:13                  | 19          | 25:10   | 161     | 25:16       | 132.27          | 23:26:27          | 10:37   | 23      | 11:05:15 | 190     | 11:05:15 |
| VP23 - Naturschu    | 6.61        | 1:23:50         | 12:40                  | 19          | 42:44   | 157     | 44:11       | 138.88          | 24:50:17          | 10:43   | 23      | 11:47:59 | 191     | 11:47:59 |
| VP24 - Oranienbu    | 4.98        | 1:06:27         | 13:20                  | 22          | 35:46   | 176     | 36:41       | 143.86          | 25:56:44          | 10:49   | 23      | 12:23:45 | 190     | 12:23:45 |
| VP25 - Laufftreff l | 5.34        | 1:04:24         | 12:03                  | 18          | 31:34   | 156     | 34:27       | 149.20          | 27:01:08          | 10:51   | 23      | 12:55:19 | 189     | 12:55:19 |
| VP26 - Wilhelmsr    | 5.72        | 55:41           | 9:44                   | 15          | 23:03   | 108     | 23:33       | 154.92          | 27:56:49          | 10:49   | 22      | 13:18:22 | 184     | 13:18:22 |
| VP27 - Wollankst    | 3.02        | 36:32           | 12:05                  | 14          | 15:54   | 119     | 26:57       | 157.94          | 28:33:21          | 10:50   | 22      | 13:34:16 | 185     | 21:02:12 |
| Friedrich-Ludwig    | 3.96        | 38:37           | 9:45                   | 16          | 16:54   | 120     | 18:12       | 161.90          | 29:11:58          | 10:49   | 22      | 13:51:10 | 182     | 13:51:10 |