



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## evaluación detallada

**SPERLICH, Jens**

Asociación: Fristads Kansas Running Team  
Dorsal: 102

recorrido: 161.70 km  
100MeilenBerlin

categoría:  
Senioren M45 (45-49 Jahre)

tiempo total: 16:32:18

velocidad: 9.73 km/h  
rendimiento en carrera: 6:08 min/km

posición en el recorrido/Total: 44 (de 459)  
posición en el recorrido/Men: 13 (de 302)  
mejor tiempo del recorrido: 13:39:56

posición en la categoría: 2(de 85)  
mejor tiempo en la categoría: 15:47:54

### tiempos parciales

### stage score

### Total score

| control             | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | retraso |          |           | Total<br>km | Total<br>tiempo | Total<br>min/km | retraso |          |           | Total<br>Men | Total<br>Men |
|---------------------|-------------|-----------------|------------------------|---------|----------|-----------|-------------|-----------------|-----------------|---------|----------|-----------|--------------|--------------|
|                     |             |                 |                        | retraso | posición | categoría |             |                 |                 | retraso | posición | categoría |              |              |
| VP1 - Wilhelmsru    | 6.94        | 37:23           | 5:23                   | 8       | 3:59     | 30        | 6:22        | 6.94            | 37:23           | 5:23    | 8        | 3:59      | 30           | 6:22         |
| VP2 - Laufftreff Li | 5.69        | 32:01           | 5:37                   | 9       | 4:46     | 33        | 7:56        | 12.63           | 1:09:24         | 5:29    | 8        | 8:45      | 30           | 14:18        |
| VP3 - Oranienbur    | 5.74        | 30:28           | 5:18                   | 8       | 4:39     | 33        | 6:22        | 18.37           | 1:39:52         | 5:26    | 9        | 13:24     | 31           | 20:40        |
| VP4 - Naturschut    | 4.70        | 28:09           | 5:59                   | 4       | 3:02     | 27        | 5:43        | 23.07           | 2:08:01         | 5:32    | 8        | 16:26     | 28           | 26:23        |
| VP5 - Frohnau       | 6.80        | 36:55           | 5:25                   | 5       | 3:41     | 26        | 8:00        | 29.87           | 2:44:56         | 5:31    | 7        | 19:08     | 27           | 34:23        |
| VP6 - Ruderclub     | 4.06        | 23:17           | 5:44                   | 5       | 1:48     | 26        | 5:10        | 33.93           | 3:08:13         | 5:32    | 7        | 20:56     | 27           | 39:30        |
| VP7 - Grenzturm     | 4.75        | 26:48           | 5:38                   | 5       | 2:44     | 28        | 5:05        | 38.68           | 3:35:01         | 5:33    | 7        | 23:40     | 28           | 44:35        |
| VP8 - Schönwald     | 7.52        | 42:20           | 5:37                   | 5       | 2:53     | 22        | 6:30        | 46.20           | 4:17:21         | 5:34    | 7        | 25:41     | 28           | 50:41        |
| VP9 - Falkenseer    | 5.76        | 33:46           | 5:51                   | 3       | 1:22     | 20        | 5:26        | 51.96           | 4:51:07         | 5:36    | 5        | 26:58     | 28           | 55:39        |
| VP10 - Karolinenl   | 6.54        | 37:32           | 5:44                   | 5       | 2:28     | 21        | 5:20        | 58.50           | 5:28:39         | 5:37    | 5        | 28:29     | 24           | 1:00:59      |
| VP11 - Pagel & Fi   | 4.90        | 29:43           | 6:03                   | 6       | 1:49     | 26        | 6:40        | 63.40           | 5:58:22         | 5:39    | 5        | 30:18     | 25           | 1:07:39      |
| VP12 - Schloss S    | 7.62        | 46:08           | 6:03                   | 4       | 2:37     | 19        | 9:15        | 71.02           | 6:44:30         | 5:41    | 5        | 29:30     | 22           | 1:16:54      |
| VP13 - Revierförs   | 6.21        | 36:24           | 5:51                   | 3       | 0:39     | 17        | 7:34        | 77.23           | 7:20:54         | 5:42    | 4        | 27:54     | 21           | 1:24:28      |
| VP14 - Brauhaus     | 6.00        | 33:30           | 5:34                   | 3       | 0:29     | 16        | 4:57        | 83.23           | 7:54:24         | 5:41    | 4        | 27:19     | 20           | 1:29:25      |
| VP15 - Gedenkst.    | 6.90        | 40:23           | 5:51                   | 4       | 0:49     | 19        | 7:28        | 90.13           | 8:34:47         | 5:42    | 4        | 27:38     | 20           | 1:36:53      |
| VP16 - Königswe     | 6.87        | 43:21           | 6:18                   | 2       | 1:42     | 10        | 8:36        | 97.00           | 9:18:08         | 5:45    | 4        | 25:38     | 20           | 1:45:29      |
| VP17 - Sportplatz   | 6.20        | 48:51           | 7:52                   | 9       | 11:04    | 31        | 15:06       | 103.20          | 10:06:59        | 5:52    | 4        | 31:50     | 20           | 2:00:35      |
| VP18 - Osdorfer     | 6.50        | 45:23           | 6:58                   | 8       | 7:34     | 31        | 10:56       | 109.70          | 10:52:22        | 5:56    | 4        | 34:18     | 20           | 2:09:14      |
| VP19 - Lichtenra    | 5.70        | 37:54           | 6:38                   | 1       | -        | 7         | 3:44        | 115.40          | 11:30:16        | 5:58    | 4        | 29:09     | 19           | 2:11:11      |
| VP20 - Kirchhain    | 4.37        | 21:51           | 5:00                   | 1       | -        | 5         | 3:01        | 119.77          | 11:52:07        | 5:56    | 4        | 28:00     | 19           | 2:14:12      |
| VP21 - Buckow       | 6.43        | 35:04           | 5:27                   | 1       | -        | 4         | 1:28        | 126.20          | 12:27:11        | 5:55    | 3        | 25:24     | 17           | 2:15:40      |
| VP22 - Rudow        | 4.90        | 31:23           | 6:24                   | 2       | 1:10     | 11        | 5:24        | 131.10          | 12:58:34        | 5:56    | 3        | 26:34     | 17           | 2:21:04      |
| VP23 - Johannistl   | 5.90        | 35:47           | 6:03                   | 2       | 0:45     | 8         | 4:12        | 137.00          | 13:34:21        | 5:56    | 2        | 27:19     | 14           | 2:25:16      |
| VP24 - Dammwe       | 5.70        | 37:01           | 6:29                   | 2       | 2:45     | 12        | 5:50        | 142.70          | 14:11:22        | 5:57    | 2        | 30:04     | 14           | 2:30:37      |
| VP25 - East Side    | 5.80        | 43:17           | 7:27                   | 2       | 2:46     | 11        | 6:20        | 148.50          | 14:54:39        | 6:01    | 2        | 32:50     | 14           | 2:34:26      |
| VP26 - Checkpoir    | 5.28        | 31:54           | 6:02                   | 6       | 6:51     | 21        | 10:21       | 153.78          | 15:26:33        | 6:01    | 2        | 39:41     | 14           | 2:42:17      |
| VP27 - Gedenkst.    | 3.32        | 33:37           | 10:07                  | 7       | 6:09     | 28        | 9:00        | 157.10          | 16:00:10        | 6:06    | 2        | 41:49     | 13           | 2:49:07      |
| Friedrich-Ludwig    | 4.60        | 32:08           | 6:59                   | 6       | 2:39     | 23        | 7:56        | 161.70          | 16:32:18        | 6:08    | 2        | 44:24     | 13           | 2:52:22      |