



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

evaluación detallada

LANDWEHR, Matthias

Asociación: LG Mauerweg / LC Solbad Ravens
Dorsal: 147

recorrido: 161.70 km
100MeilenBerlin

categoría:
Senioren M45 (45-49 Jahre)

tiempo total: 21:33:16

velocidad: 7.47 km/h
rendimiento en carrera: 8:00 min/km

posición en el recorrido/Total: 151 (de 459)

posición en el recorrido/Men: 75 (de 302)

mejor tiempo del recorrido: 13:39:56

posición en la categoría: 27(de 85)

mejor tiempo en la categoría: 15:47:54

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 - Wilhelmsru | 6.94 | 49:38 | 7:09 | 68 | 16:14 | 215 | 18:37 | 6.94 | 49:38 | 7:09 | 68 | 16:14 | 215 | 18:37 |
| VP2 - Laufftreff Li | 5.69 | 42:13 | 7:25 | 68 | 14:58 | 214 | 18:08 | 12.63 | 1:31:51 | 7:16 | 66 | 31:12 | 209 | 36:45 |
| VP3 - Oranienbur | 5.74 | 39:49 | 6:56 | 65 | 14:00 | 202 | 15:43 | 18.37 | 2:11:40 | 7:10 | 66 | 45:12 | 206 | 52:28 |
| VP4 - Naturschut | 4.70 | 38:53 | 8:16 | 68 | 13:46 | 212 | 16:27 | 23.07 | 2:50:33 | 7:23 | 66 | 58:58 | 209 | 1:08:55 |
| VP5 - Frohnau | 6.80 | 39:55 | 5:52 | 16 | 6:41 | 55 | 11:00 | 29.87 | 3:30:28 | 7:02 | 61 | 1:04:40 | 178 | 1:19:55 |
| VP6 - Ruderclub | 4.06 | 26:45 | 6:35 | 17 | 5:16 | 57 | 8:38 | 33.93 | 3:57:13 | 6:59 | 54 | 1:09:56 | 153 | 1:28:30 |
| VP7 - Grenzturm | 4.75 | 28:56 | 6:05 | 15 | 4:52 | 53 | 7:13 | 38.68 | 4:26:09 | 6:52 | 51 | 1:14:48 | 145 | 1:35:43 |
| VP8 - Schönwald | 7.52 | 45:52 | 6:05 | 15 | 6:25 | 52 | 10:02 | 46.20 | 5:12:01 | 6:45 | 46 | 1:20:21 | 129 | 1:45:21 |
| VP9 - Falkenseer | 5.76 | 36:57 | 6:24 | 14 | 4:33 | 47 | 8:37 | 51.96 | 5:48:58 | 6:42 | 34 | 1:24:49 | 102 | 1:53:30 |
| VP10 - Karolinenl | 6.54 | 42:47 | 6:32 | 12 | 7:43 | 46 | 10:35 | 58.50 | 6:31:45 | 6:41 | 34 | 1:31:35 | 99 | 2:04:05 |
| VP11 - Pagel & Fi | 4.90 | 32:33 | 6:38 | 14 | 4:39 | 50 | 9:30 | 63.40 | 7:04:18 | 6:41 | 31 | 1:36:14 | 91 | 2:13:35 |
| VP12 - Schloss S | 7.62 | 50:13 | 6:35 | 11 | 6:42 | 36 | 13:20 | 71.02 | 7:54:31 | 6:40 | 26 | 1:39:31 | 79 | 2:26:55 |
| VP13 - Revierförs | 6.21 | 43:24 | 6:59 | 21 | 7:39 | 58 | 14:34 | 77.23 | 8:37:55 | 6:42 | 26 | 1:44:55 | 77 | 2:41:29 |
| VP14 - Brauhaus | 6.00 | 41:48 | 6:57 | 26 | 8:47 | 75 | 13:15 | 83.23 | 9:19:43 | 6:43 | 27 | 1:52:38 | 76 | 2:54:44 |
| VP15 - Gedenkst. | 6.90 | 52:53 | 7:39 | 40 | 13:19 | 113 | 19:58 | 90.13 | 10:12:36 | 6:47 | 28 | 2:05:27 | 77 | 3:14:42 |
| VP16 - Königswe | 6.87 | 54:41 | 7:57 | 21 | 13:02 | 62 | 19:56 | 97.00 | 11:07:17 | 6:52 | 28 | 2:14:47 | 76 | 3:34:38 |
| VP17 - Sportplatz | 6.20 | 45:47 | 7:23 | 7 | 8:00 | 23 | 12:02 | 103.20 | 11:53:04 | 6:54 | 27 | 2:17:55 | 74 | 3:46:40 |
| VP18 - Osdorfer | 6.50 | 53:52 | 8:17 | 28 | 16:03 | 91 | 19:25 | 109.70 | 12:46:56 | 6:59 | 24 | 2:28:52 | 69 | 4:03:48 |
| VP19 - Lichtenra | 5.70 | 49:50 | 8:44 | 20 | 11:56 | 65 | 15:40 | 115.40 | 13:36:46 | 7:04 | 24 | 2:35:39 | 67 | 4:17:41 |
| VP20 - Kirchhain | 4.37 | 36:46 | 8:24 | 35 | 14:55 | 105 | 17:56 | 119.77 | 14:13:32 | 7:07 | 24 | 2:49:25 | 65 | 4:35:37 |
| VP21 - Buckow | 6.43 | 57:50 | 8:59 | 35 | 22:46 | 115 | 24:14 | 126.20 | 15:11:22 | 7:13 | 25 | 3:09:35 | 69 | 4:59:51 |
| VP22 - Rudow | 4.90 | 44:58 | 9:10 | 33 | 14:45 | 89 | 18:59 | 131.10 | 15:56:20 | 7:17 | 25 | 3:24:20 | 69 | 5:18:50 |
| VP23 - Johannistl | 5.90 | 1:12:08 | 12:13 | 52 | 37:06 | 175 | 40:33 | 137.00 | 17:08:28 | 7:30 | 28 | 4:01:26 | 79 | 5:59:23 |
| VP24 - Dammwe | 5.70 | 51:08 | 8:58 | 21 | 16:52 | 60 | 19:57 | 142.70 | 17:59:36 | 7:33 | 28 | 4:18:18 | 74 | 6:18:51 |
| VP25 - East Side | 5.80 | 1:07:29 | 11:38 | 37 | 26:58 | 119 | 30:32 | 148.50 | 19:07:05 | 7:43 | 27 | 4:45:16 | 75 | 6:46:52 |
| VP26 - Checkpoir | 5.28 | 48:22 | 9:09 | 47 | 23:19 | 161 | 26:49 | 153.78 | 19:55:27 | 7:46 | 30 | 5:08:35 | 78 | 7:11:11 |
| VP27 - Gedenkst. | 3.32 | 50:40 | 15:15 | 43 | 23:12 | 152 | 26:03 | 157.10 | 20:46:07 | 7:55 | 28 | 5:27:46 | 76 | 7:35:04 |
| Friedrich-Ludwig | 4.60 | 47:09 | 10:15 | 37 | 17:40 | 124 | 22:57 | 161.70 | 21:33:16 | 7:59 | 27 | 5:45:22 | 75 | 7:53:20 |