



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

evaluación detallada

LANG, Adi

Asociación: LG-Marathon-Vohburg

Dorsal: 253

recorrido: 161.70 km

100MeilenBerlin

categoría:

Senioren M50 (50-54 Jahre)

tiempo total: 21:18:45

velocidad: 7.59 km/h

rendimiento en carrera: 7:54 min/km

posición en el recorrido/Total: 148 (de 459)

posición en el recorrido/Men: 73 (de 302)

mejor tiempo del recorrido: 13:39:56

posición en la categoría: 13(de 58)

mejor tiempo en la categoría: 15:32:56

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | | Total km | Total tiempo | Total min/km | retraso | | | Total Men | Total Men |
|--------------------|-------------|-----------------|------------------------|---------|----------|-----------|-------------|-----------------|-----------------|---------|----------|-----------|--------------|--------------|
| | | | | retraso | posición | categoría | | | | retraso | posición | categoría | | |
| VP1 - Wilhelmsru | 6.94 | 41:09 | 5:55 | 13 | 7:43 | 61 | 10:08 | 6.94 | 41:09 | 5:55 | 13 | 7:43 | 61 | 10:08 |
| VP2 - Lauftreff Li | 5.69 | 33:34 | 5:53 | 9 | 5:53 | 45 | 9:29 | 12.63 | 1:14:43 | 5:54 | 13 | 13:36 | 53 | 19:37 |
| VP3 - Oranienbur | 5.74 | 32:29 | 5:39 | 10 | 5:20 | 57 | 8:23 | 18.37 | 1:47:12 | 5:50 | 13 | 18:56 | 55 | 28:00 |
| VP4 - Naturschut | 4.70 | 30:43 | 6:32 | 14 | 5:21 | 71 | 8:17 | 23.07 | 2:17:55 | 5:58 | 13 | 24:17 | 56 | 36:17 |
| VP5 - Frohnau | 6.80 | 41:34 | 6:06 | 16 | 7:46 | 80 | 12:39 | 29.87 | 2:59:29 | 6:00 | 14 | 32:03 | 65 | 48:56 |
| VP6 - Ruderclub | 4.06 | 27:37 | 6:48 | 18 | 6:13 | 67 | 9:30 | 33.93 | 3:27:06 | 6:06 | 14 | 37:32 | 62 | 58:23 |
| VP7 - Grenzturm | 4.75 | 30:46 | 6:28 | 18 | 6:38 | 86 | 9:03 | 38.68 | 3:57:52 | 6:08 | 14 | 43:51 | 63 | 1:07:26 |
| VP8 - Schönwald | 7.52 | 49:45 | 6:36 | 21 | 10:34 | 102 | 13:55 | 46.20 | 4:47:37 | 6:13 | 15 | 50:35 | 67 | 1:20:57 |
| VP9 - Falkenseer | 5.76 | 38:59 | 6:46 | 13 | 7:36 | 60 | 10:39 | 51.96 | 5:26:36 | 6:17 | 15 | 57:59 | 67 | 1:31:08 |
| VP10 - Karolinenl | 6.54 | 46:54 | 7:10 | 16 | 12:13 | 86 | 14:42 | 58.50 | 6:13:30 | 6:23 | 16 | 1:07:50 | 66 | 1:45:50 |
| VP11 - Pagel & Fi | 4.90 | 35:54 | 7:19 | 20 | 8:58 | 96 | 12:51 | 63.40 | 6:49:24 | 6:27 | 15 | 1:14:50 | 67 | 1:58:41 |
| VP12 - Schloss S | 7.62 | 56:10 | 7:22 | 14 | 15:07 | 71 | 19:17 | 71.02 | 7:45:34 | 6:33 | 16 | 1:27:09 | 67 | 2:17:58 |
| VP13 - Revierförs | 6.21 | 49:32 | 7:58 | 26 | 14:16 | 125 | 20:42 | 77.23 | 8:35:06 | 6:40 | 17 | 1:41:07 | 72 | 2:38:40 |
| VP14 - Brauhaus | 6.00 | 40:29 | 6:44 | 8 | 8:09 | 55 | 11:56 | 83.23 | 9:15:35 | 6:40 | 16 | 1:44:41 | 70 | 2:50:36 |
| VP15 - Gedenkst. | 6.90 | 48:50 | 7:04 | 13 | 10:32 | 74 | 15:55 | 90.13 | 10:04:25 | 6:42 | 16 | 1:54:50 | 74 | 3:06:31 |
| VP16 - Königswe | 6.87 | 52:23 | 7:37 | 9 | 8:56 | 45 | 17:38 | 97.00 | 10:56:48 | 6:46 | 16 | 2:02:31 | 73 | 3:24:09 |
| VP17 - Sportplatz | 6.20 | 1:21:24 | 13:07 | 39 | 43:33 | 177 | 47:39 | 103.20 | 12:18:12 | 7:09 | 16 | 2:46:04 | 83 | 4:11:48 |
| VP18 - Osdorfer | 6.50 | 52:26 | 8:03 | 19 | 14:33 | 80 | 17:59 | 109.70 | 13:10:38 | 7:12 | 16 | 3:00:37 | 80 | 4:27:30 |
| VP19 - Lichtenra | 5.70 | 52:34 | 9:13 | 15 | 13:09 | 87 | 18:24 | 115.40 | 14:03:12 | 7:18 | 16 | 3:13:46 | 81 | 4:44:07 |
| VP20 - Kirchhain | 4.37 | 29:18 | 6:42 | 8 | 5:30 | 35 | 10:28 | 119.77 | 14:32:30 | 7:17 | 15 | 3:19:16 | 78 | 4:54:35 |
| VP21 - Buckow | 6.43 | 50:04 | 7:47 | 11 | 13:37 | 57 | 16:28 | 126.20 | 15:22:34 | 7:18 | 15 | 3:32:53 | 77 | 5:11:03 |
| VP22 - Rudow | 4.90 | 47:00 | 9:35 | 27 | 16:57 | 115 | 21:01 | 131.10 | 16:09:34 | 7:23 | 14 | 3:49:50 | 77 | 5:32:04 |
| VP23 - Johannistl | 5.90 | 55:44 | 9:26 | 22 | 20:22 | 94 | 24:09 | 137.00 | 17:05:18 | 7:29 | 14 | 4:10:12 | 75 | 5:56:13 |
| VP24 - Dammwe | 5.70 | 53:45 | 9:25 | 19 | 18:47 | 88 | 22:34 | 142.70 | 17:59:03 | 7:33 | 14 | 4:28:59 | 72 | 6:18:18 |
| VP25 - East Side | 5.80 | 1:04:56 | 11:11 | 26 | 25:18 | 110 | 27:59 | 148.50 | 19:03:59 | 7:42 | 14 | 4:54:17 | 74 | 6:43:46 |
| VP26 - Checkpoir | 5.28 | 42:39 | 8:04 | 27 | 17:47 | 115 | 21:06 | 153.78 | 19:46:38 | 7:42 | 14 | 5:12:04 | 75 | 7:02:22 |
| VP27 - Gedenkst. | 3.32 | 43:56 | 13:13 | 19 | 17:26 | 90 | 19:19 | 157.10 | 20:30:34 | 7:49 | 14 | 5:29:30 | 74 | 7:19:31 |
| Friedrich-Ludwig | 4.60 | 48:11 | 10:28 | 31 | 20:26 | 133 | 23:59 | 161.70 | 21:18:45 | 7:54 | 13 | 5:45:49 | 73 | 7:38:49 |