



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## evaluación detallada

**RUMM, Harald**

Asociación: LG Ultralauf

Dorsal: 377

recorrido: 161.70 km

100MeilenBerlin

categoría:

Senioren M40 (40-44 Jahre)

tiempo total: 20:41:14

velocidad: 7.82 km/h

rendimiento en carrera: 7:40 min/km

posición en el recorrido/Total: 136 (de 459)

posición en el recorrido/Men: 63 (de 302)

mejor tiempo del recorrido: 13:39:56

posición en la categoría: 14(de 36)

mejor tiempo en la categoría: 14:37:35

## 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 | Men     | Men         | Men             | Men               | Men     | Men     | Men     | Men | Men     |
| VP1 - Wilhelmsru   | 6.94        | 43:15           | 6:13                   | 18          | 9:53    | 110     | 12:14       | 6.94            | 43:15             | 6:13    | 18      | 9:53    | 110 | 12:14   |
| VP2 - Lauftreff Li | 5.69        | 37:33           | 6:35                   | 19          | 10:49   | 131     | 13:28       | 12.63           | 1:20:48           | 6:23    | 18      | 20:42   | 113 | 25:42   |
| VP3 - Oranienbur   | 5.74        | 34:52           | 6:04                   | 18          | 9:41    | 113     | 10:46       | 18.37           | 1:55:40           | 6:17    | 18      | 30:23   | 113 | 36:28   |
| VP4 - Naturschut   | 4.70        | 32:40           | 6:57                   | 17          | 8:46    | 105     | 10:14       | 23.07           | 2:28:20           | 6:25    | 18      | 39:09   | 108 | 46:42   |
| VP5 - Frohnau      | 6.80        | 42:37           | 6:16                   | 17          | 10:00   | 95      | 13:42       | 29.87           | 3:10:57           | 6:23    | 18      | 49:09   | 102 | 1:00:24 |
| VP6 - Ruderclub    | 4.06        | 27:52           | 6:51                   | 15          | 7:29    | 73      | 9:45        | 33.93           | 3:38:49           | 6:26    | 18      | 56:38   | 97  | 1:10:06 |
| VP7 - Grenzturm    | 4.75        | 31:50           | 6:42                   | 17          | 7:34    | 105     | 10:07       | 38.68           | 4:10:39           | 6:28    | 18      | 1:03:53 | 96  | 1:20:13 |
| VP8 - Schönwald    | 7.52        | 49:37           | 6:35                   | 16          | 10:33   | 97      | 13:47       | 46.20           | 5:00:16           | 6:29    | 18      | 1:12:42 | 96  | 1:33:36 |
| VP9 - Falkenseer   | 5.76        | 42:30           | 7:22                   | 18          | 11:52   | 101     | 14:10       | 51.96           | 5:42:46           | 6:35    | 18      | 1:20:12 | 95  | 1:47:18 |
| VP10 - Karolinenl  | 6.54        | 46:20           | 7:05                   | 17          | 10:47   | 79      | 14:08       | 58.50           | 6:29:06           | 6:39    | 18      | 1:29:25 | 93  | 2:01:26 |
| VP11 - Pagel & Fi  | 4.90        | 35:38           | 7:16                   | 15          | 10:09   | 89      | 12:35       | 63.40           | 7:04:44           | 6:41    | 16      | 1:38:40 | 92  | 2:14:01 |
| VP12 - Schloss S   | 7.62        | 1:06:10         | 8:40                   | 20          | 25:51   | 131     | 29:17       | 71.02           | 8:10:54           | 6:54    | 17      | 2:02:46 | 94  | 2:43:18 |
| VP13 - Revierförs  | 6.21        | 46:23           | 7:28                   | 17          | 14:50   | 88      | 17:33       | 77.23           | 8:57:17           | 6:57    | 16      | 2:14:08 | 90  | 3:00:51 |
| VP14 - Brauhaus    | 6.00        | 40:33           | 6:45                   | 15          | 9:43    | 56      | 12:00       | 83.23           | 9:37:50           | 6:56    | 16      | 2:23:37 | 86  | 3:12:51 |
| VP15 - Gedenkst.   | 6.90        | 50:26           | 7:18                   | 18          | 16:13   | 91      | 17:31       | 90.13           | 10:28:16          | 6:58    | 16      | 2:39:24 | 86  | 3:30:22 |
| VP16 - Königswe    | 6.87        | 53:37           | 7:48                   | 13          | 15:33   | 54      | 18:52       | 97.00           | 11:21:53          | 7:01    | 15      | 2:53:47 | 82  | 3:49:14 |
| VP17 - Sportplatz  | 6.20        | 59:58           | 9:40                   | 17          | 25:58   | 79      | 26:13       | 103.20          | 12:21:51          | 7:11    | 16      | 3:19:39 | 86  | 4:15:27 |
| VP18 - Osdorfer    | 6.50        | 48:17           | 7:25                   | 11          | 13:37   | 50      | 13:50       | 109.70          | 13:10:08          | 7:12    | 14      | 3:33:16 | 79  | 4:27:00 |
| VP19 - Lichtenra   | 5.70        | 48:34           | 8:31                   | 12          | 14:16   | 59      | 14:24       | 115.40          | 13:58:42          | 7:16    | 14      | 3:47:32 | 76  | 4:39:37 |
| VP20 - Kirchhain   | 4.37        | 33:26           | 7:39                   | 15          | 12:51   | 69      | 14:36       | 119.77          | 14:32:08          | 7:16    | 14      | 4:00:23 | 77  | 4:54:13 |
| VP21 - Buckow      | 6.43        | 48:25           | 7:31                   | 11          | 14:23   | 47      | 14:49       | 126.20          | 15:20:33          | 7:17    | 14      | 4:14:13 | 75  | 5:09:02 |
| VP22 - Rudow       | 4.90        | 44:38           | 9:06                   | 16          | 17:21   | 87      | 18:39       | 131.10          | 16:05:11          | 7:21    | 14      | 4:29:57 | 75  | 5:27:41 |
| VP23 - Johannistl  | 5.90        | 1:02:57         | 10:40                  | 22          | 31:04   | 142     | 31:22       | 137.00          | 17:08:08          | 7:30    | 14      | 4:58:17 | 77  | 5:59:03 |
| VP24 - Dammwe      | 5.70        | 52:35           | 9:13                   | 13          | 20:32   | 78      | 21:24       | 142.70          | 18:00:43          | 7:34    | 14      | 5:18:00 | 75  | 6:19:58 |
| VP25 - East Side   | 5.80        | 54:29           | 9:23                   | 11          | 17:32   | 41      | 17:32       | 148.50          | 18:55:12          | 7:38    | 14      | 5:35:32 | 70  | 6:34:59 |
| VP26 - Checkpoir   | 5.28        | 35:55           | 6:48                   | 11          | 14:22   | 54      | 14:22       | 153.78          | 19:31:07          | 7:36    | 14      | 5:46:58 | 68  | 6:46:51 |
| VP27 - Gedenkst.   | 3.32        | 36:55           | 11:07                  | 9           | 12:05   | 46      | 12:18       | 157.10          | 20:08:02          | 7:41    | 14      | 5:55:56 | 66  | 6:56:59 |
| Friedrich-Ludwig   | 4.60        | 33:12           | 7:13                   | 7           | 9:00    | 33      | 9:00        | 161.70          | 20:41:14          | 7:40    | 14      | 6:03:39 | 63  | 7:01:18 |