



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## evaluación detallada

**TEKHAUS, Jens**

Asociación: (ohne)

Dorsal: 87

recorrido: 161.70 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 21:36:07

velocidad: 7.45 km/h

rendimiento en carrera: 8:01 min/km

posición en el recorrido/Total: 152 (de 459)

posición en el recorrido/Men: 76 (de 302)

mejor tiempo del recorrido: 13:39:56

posición en la categoría: 28(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 categoría Men | retraso categoría Men | retraso categoría Men | Total km    | Total tiempo | Total posición min/km |      |    |         |     |         |
| VP1 - Wilhelmsru    | 6.94     | 45:38        | 6:34                | 48                    | 12:14                 | 142                   | 14:37       | 6.94         | 45:38                 | 6:34 | 48 | 12:14   | 142 | 14:37   |
| VP2 - Laufftreff Li | 5.69     | 35:59        | 6:19                | 32                    | 8:44                  | 96                    | 11:54       | 12.63        | 1:21:37               | 6:27 | 43 | 20:58   | 125 | 26:31   |
| VP3 - Oranienbur    | 5.74     | 33:54        | 5:54                | 30                    | 8:05                  | 90                    | 9:48        | 18.37        | 1:55:31               | 6:17 | 38 | 29:03   | 111 | 36:19   |
| VP4 - Naturschut    | 4.70     | 32:55        | 7:00                | 37                    | 7:48                  | 109                   | 10:29       | 23.07        | 2:28:26               | 6:26 | 38 | 36:51   | 112 | 46:48   |
| VP5 - Frohnau       | 6.80     | 42:35        | 6:15                | 32                    | 9:21                  | 93                    | 13:40       | 29.87        | 3:11:01               | 6:23 | 33 | 45:13   | 104 | 1:00:28 |
| VP6 - Ruderclub     | 4.06     | 28:20        | 6:58                | 28                    | 6:51                  | 88                    | 10:13       | 33.93        | 3:39:21               | 6:27 | 33 | 52:04   | 98  | 1:10:38 |
| VP7 - Grenzturm     | 4.75     | 30:24        | 6:23                | 23                    | 6:20                  | 76                    | 8:41        | 38.68        | 4:09:45               | 6:27 | 31 | 58:24   | 92  | 1:19:19 |
| VP8 - Schönwald     | 7.52     | 46:53        | 6:14                | 21                    | 7:26                  | 64                    | 11:03       | 46.20        | 4:56:38               | 6:25 | 30 | 1:04:58 | 89  | 1:29:58 |
| VP9 - Falkenseer    | 5.76     | 39:47        | 6:54                | 21                    | 7:23                  | 66                    | 11:27       | 51.96        | 5:36:25               | 6:28 | 27 | 1:12:16 | 84  | 1:40:57 |
| VP10 - Karolinenl   | 6.54     | 45:38        | 6:58                | 23                    | 10:34                 | 72                    | 13:26       | 58.50        | 6:22:03               | 6:31 | 25 | 1:21:53 | 81  | 1:54:23 |
| VP11 - Pagel & Fi   | 4.90     | 34:47        | 7:05                | 26                    | 6:53                  | 77                    | 11:44       | 63.40        | 6:56:50               | 6:34 | 25 | 1:28:46 | 81  | 2:06:07 |
| VP12 - Schloss S    | 7.62     | 54:01        | 7:05                | 22                    | 10:30                 | 57                    | 17:08       | 71.02        | 7:50:51               | 6:37 | 23 | 1:35:51 | 75  | 2:23:15 |
| VP13 - Revierförs   | 6.21     | 45:05        | 7:15                | 25                    | 9:20                  | 72                    | 16:15       | 77.23        | 8:35:56               | 6:40 | 25 | 1:42:56 | 74  | 2:39:30 |
| VP14 - Brauhaus     | 6.00     | 41:47        | 6:57                | 25                    | 8:46                  | 74                    | 13:14       | 83.23        | 9:17:43               | 6:42 | 24 | 1:50:38 | 72  | 2:52:44 |
| VP15 - Gedenkst.    | 6.90     | 45:53        | 6:38                | 18                    | 6:19                  | 49                    | 12:58       | 90.13        | 10:03:36              | 6:41 | 25 | 1:56:27 | 72  | 3:05:42 |
| VP16 - Königswe     | 6.87     | 53:11        | 7:44                | 17                    | 11:32                 | 52                    | 18:26       | 97.00        | 10:56:47              | 6:46 | 25 | 2:04:17 | 72  | 3:24:08 |
| VP17 - Sportplatz   | 6.20     | 59:04        | 9:31                | 24                    | 21:17                 | 75                    | 25:19       | 103.20       | 11:55:51              | 6:56 | 28 | 2:20:42 | 75  | 3:49:27 |
| VP18 - Osdorfer     | 6.50     | 53:57        | 8:18                | 29                    | 16:08                 | 92                    | 19:30       | 109.70       | 12:49:48              | 7:01 | 25 | 2:31:44 | 70  | 4:06:40 |
| VP19 - Lichtenra    | 5.70     | 52:24        | 9:11                | 31                    | 14:30                 | 84                    | 18:14       | 115.40       | 13:42:12              | 7:07 | 25 | 2:41:05 | 69  | 4:23:07 |
| VP20 - Kirchhain    | 4.37     | 36:50        | 8:25                | 37                    | 14:59                 | 108                   | 18:00       | 119.77       | 14:19:02              | 7:10 | 26 | 2:54:55 | 71  | 4:41:07 |
| VP21 - Buckow       | 6.43     | 57:05        | 8:52                | 32                    | 22:01                 | 109                   | 23:29       | 126.20       | 15:16:07              | 7:15 | 27 | 3:14:20 | 71  | 5:04:36 |
| VP22 - Rudow        | 4.90     | 43:49        | 8:56                | 27                    | 13:36                 | 77                    | 17:50       | 131.10       | 15:59:56              | 7:19 | 28 | 3:27:56 | 73  | 5:22:26 |
| VP23 - Johannistl   | 5.90     | 58:33        | 9:55                | 39                    | 23:31                 | 116                   | 26:58       | 137.00       | 16:58:29              | 7:26 | 26 | 3:51:27 | 70  | 5:49:24 |
| VP24 - Dammwe       | 5.70     | 1:00:59      | 10:41               | 42                    | 26:43                 | 132                   | 29:48       | 142.70       | 17:59:28              | 7:33 | 27 | 4:18:10 | 73  | 6:18:43 |
| VP25 - East Side    | 5.80     | 1:09:21      | 11:57               | 40                    | 28:50                 | 129                   | 32:24       | 148.50       | 19:08:49              | 7:44 | 28 | 4:47:00 | 76  | 6:48:36 |
| VP26 - Checkpoir    | 5.28     | 44:16        | 8:23                | 38                    | 19:13                 | 130                   | 22:43       | 153.78       | 19:53:05              | 7:45 | 29 | 5:06:13 | 77  | 7:08:49 |
| VP27 - Gedenkst.    | 3.32     | 53:53        | 16:13               | 51                    | 26:25                 | 175                   | 29:16       | 157.10       | 20:46:58              | 7:56 | 30 | 5:28:37 | 78  | 7:35:55 |
| Friedrich-Ludwig    | 4.60     | 49:09        | 10:41               | 44                    | 19:40                 | 142                   | 24:57       | 161.70       | 21:36:07              | 8:00 | 28 | 5:48:13 | 76  | 7:56:11 |