



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

evaluación detallada

Winkler, Ingolf

Asociación: www.kilometersammler.de

Dorsal: 199

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 23:35:01

velocidad: 6.86 km/h

rendimiento en carrera: 8:44 min/km

posición en el recorrido/Total: 192 (de 397)

posición en el recorrido/Men: 169 (de 313)

mejor tiempo del recorrido: 13:17:41

posición en la categoría: 36(de 70)

mejor tiempo en la categoría: 16:22:32

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | | Total km | Total tiempo | Total min/km | retraso | | | |
|---------------------|-------------|-----------------|------------------------|----------|----------|----------|-------------|-----------------|-----------------|----------|----------|----------|----------|
| | | | | posición | posición | posición | | | | posición | posición | posición | |
| VP1 - Checkpoint | 8.60 | 58:09 | 6:45 | 30 | 13:55 | 114 | 8.60 | 58:09 | 6:45 | 30 | 13:55 | 114 | 14:01 |
| VP2 - East Side G | 4.80 | 34:13 | 7:07 | 61 | 13:08 | 264 | 13.40 | 1:32:22 | 6:53 | 44 | 27:03 | 178 | 27:08 |
| VP3 - Dammweg | 5.80 | 42:33 | 7:20 | 48 | 12:45 | 199 | 19.20 | 2:14:55 | 7:01 | 45 | 39:48 | 189 | 40:04 |
| VP4 - Johannisth | 5.70 | 38:17 | 6:42 | 41 | 11:35 | 171 | 24.90 | 2:53:12 | 6:57 | 44 | 51:23 | 180 | 53:30 |
| VP5 - Imbiß "Am | 9.50 | 1:11:54 | 7:34 | 56 | 24:32 | 236 | 34.40 | 4:05:06 | 7:07 | 46 | 1:15:55 | 192 | 1:23:49 |
| VP6 - Buckow | 4.50 | 34:41 | 7:42 | 42 | 11:26 | 180 | 38.90 | 4:39:47 | 7:11 | 46 | 1:27:21 | 196 | 1:37:54 |
| control | 7.60 | 57:29 | 7:33 | 44 | 16:47 | 190 | 46.50 | 5:37:16 | 7:15 | 46 | 1:44:05 | 191 | 2:01:21 |
| VP8 - Osdorfer St | 6.30 | 48:46 | 7:44 | 45 | 15:07 | 189 | 52.80 | 6:26:02 | 7:18 | 48 | 1:59:12 | 192 | 2:22:41 |
| VP9 - Sportplatz | 6.50 | 59:12 | 9:06 | 40 | 24:38 | 175 | 59.30 | 7:25:14 | 7:30 | 45 | 2:23:50 | 189 | 2:50:23 |
| VP10 - Königswe | 6.20 | 52:20 | 8:26 | 51 | 16:17 | 213 | 65.50 | 8:17:34 | 7:35 | 45 | 2:40:07 | 188 | 3:13:18 |
| VP11 - Gedenkst | 6.80 | 54:46 | 8:03 | 35 | 14:33 | 140 | 72.30 | 9:12:20 | 7:38 | 45 | 2:53:46 | 184 | 3:33:58 |
| VP12 - Brauhaus | 6.90 | 1:05:44 | 9:31 | 55 | 24:24 | 229 | 79.20 | 10:18:04 | 7:48 | 50 | 3:13:52 | 196 | 4:06:35 |
| VP13 - Revierförs | 5.70 | 51:20 | 9:00 | 45 | 16:41 | 184 | 84.90 | 11:09:24 | 7:53 | 48 | 2:52:49 | 195 | 4:27:52 |
| VP14 - Schloss S | 6.30 | 1:10:24 | 11:10 | 43 | 32:49 | 191 | 91.20 | 12:19:48 | 8:06 | 47 | 3:20:05 | 194 | 5:06:49 |
| VP15 - Pagel & Fi | 7.60 | 1:06:18 | 8:43 | 41 | 19:31 | 178 | 98.80 | 13:26:06 | 8:09 | 48 | 3:37:29 | 196 | 5:35:25 |
| VP16 - Karolinenl | 4.90 | 50:06 | 10:13 | 41 | 18:04 | 182 | 103.70 | 14:16:12 | 8:15 | 47 | 3:55:33 | 194 | 5:59:56 |
| VP17 - Falkensee | 6.50 | 1:06:04 | 10:09 | 49 | 23:45 | 211 | 110.20 | 15:22:16 | 8:22 | 46 | 4:19:18 | 195 | 6:33:29 |
| VP18 - Schönwal | 5.80 | 1:01:05 | 10:31 | 44 | 25:10 | 204 | 116.00 | 16:23:21 | 8:28 | 47 | 4:44:28 | 203 | 7:05:29 |
| VP19 - Grenzturn | 7.30 | 1:09:53 | 9:34 | 30 | 23:31 | 130 | 123.30 | 17:33:14 | 8:32 | 45 | 5:07:59 | 193 | 7:36:35 |
| VP20 - Rudercluk | 4.80 | 44:30 | 9:16 | 23 | 15:09 | 106 | 128.10 | 18:17:44 | 8:34 | 44 | 5:23:08 | 192 | 7:56:45 |
| VP21 - Frohnau | 4.10 | 49:07 | 11:58 | 30 | 23:20 | 140 | 132.20 | 19:06:51 | 8:40 | 45 | 5:46:28 | 189 | 8:23:13 |
| VP22 - Naturschu | 6.40 | 1:11:11 | 11:07 | 48 | 30:46 | 208 | 138.60 | 20:18:02 | 8:47 | 43 | 6:17:14 | 190 | 9:01:12 |
| VP23 - Oranienbu | 4.50 | 49:51 | 11:04 | 38 | 21:33 | 168 | 143.10 | 21:07:53 | 8:51 | 43 | 6:38:47 | 189 | 9:26:06 |
| VP24 - Laufftreff l | 5.30 | 51:43 | 9:45 | 27 | 19:16 | 107 | 148.40 | 21:59:36 | 8:53 | 43 | 6:58:03 | 188 | 9:49:35 |
| VP25 - Wilhelmsr | 5.70 | 45:07 | 7:54 | 8 | 9:20 | 35 | 154.10 | 22:44:43 | 8:51 | 40 | 7:07:23 | 181 | 10:04:41 |
| VP26 - Wollankst | 3.10 | 22:52 | 7:22 | 5 | 2:28 | 17 | 157.20 | 23:07:35 | 8:49 | 39 | 7:09:51 | 178 | 10:10:26 |
| Friedrich-Ludwig | 4.20 | 27:26 | 6:31 | 5 | 2:47 | 33 | 161.90 | 23:35:01 | 8:44 | 36 | 7:12:29 | 170 | 10:17:20 |