



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## evaluación detallada

**Boerenkamp, Rainer**

Asociación: Nettetal

Dorsal: 11

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M55 (55-59 Jahre)

tiempo total: 24:46:32

velocidad: 6.53 km/h

rendimiento en carrera: 9:11 min/km

posición en el recorrido/Total: 223 (de 397)

posición en el recorrido/Men: 191 (de 313)

mejor tiempo del recorrido: 13:17:41

posición en la categoría: 29(de 50)

mejor tiempo en la categoría: 18:35:32

### 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>min/km | posició<br>categoría | retraso | posició<br>categoría | retraso |          |
| VP1 - Checkpoint    | 8.60        | 1:07:11         | 7:48                   | 41          | 17:48   | 249     | 23:03       | 8.60            | 1:07:11         | 7:48                 | 41      | 17:48                | 249     | 23:03    |
| VP2 - East Side G   | 4.80        | 34:10           | 7:07                   | 42          | 9:24    | 262     | 13:07       | 13.40           | 1:41:21         | 7:33                 | 44      | 27:12                | 260     | 36:07    |
| VP3 - Dammweg       | 5.80        | 46:08           | 7:57                   | 42          | 11:35   | 271     | 16:56       | 19.20           | 2:27:29         | 7:40                 | 43      | 38:47                | 261     | 52:38    |
| VP4 - Johannisth    | 5.70        | 43:38           | 7:39                   | 42          | 11:56   | 266     | 19:06       | 24.90           | 3:11:07         | 7:40                 | 43      | 50:32                | 268     | 1:11:25  |
| VP5 - Imbiß "Am     | 9.50        | 1:15:38         | 7:57                   | 44          | 20:57   | 266     | 34:06       | 34.40           | 4:26:45         | 7:45                 | 44      | 1:11:29              | 269     | 1:45:28  |
| VP6 - Buckow        | 4.50        | 37:57           | 8:26                   | 37          | 11:23   | 242     | 17:21       | 38.90           | 5:04:42         | 7:49                 | 42      | 1:22:52              | 261     | 2:02:49  |
| control             | 7.60        | 1:02:06         | 8:10                   | 35          | 17:19   | 243     | 28:04       | 46.50           | 6:06:48         | 7:53                 | 41      | 1:40:11              | 258     | 2:30:53  |
| VP8 - Osdorfer St   | 6.30        | 53:05           | 8:25                   | 33          | 16:18   | 236     | 25:39       | 52.80           | 6:59:53         | 7:57                 | 40      | 1:55:32              | 253     | 2:56:32  |
| VP9 - Sportplatz    | 6.50        | 1:05:21         | 10:03                  | 37          | 27:35   | 232     | 43:54       | 59.30           | 8:05:14         | 8:10                 | 37      | 2:17:10              | 245     | 3:30:23  |
| VP10 - Königswe     | 6.20        | 51:09           | 8:15                   | 27          | 10:57   | 188     | 21:44       | 65.50           | 8:56:23         | 8:11                 | 35      | 2:24:42              | 244     | 3:52:07  |
| VP11 - Gedenkst     | 6.80        | 58:12           | 8:33                   | 29          | 33:53   | 193     | 33:53       | 72.30           | 9:54:35         | 8:13                 | 33      | 2:33:36              | 239     | 4:16:13  |
| VP12 - Brauhaus     | 6.90        | 1:12:47         | 10:32                  | 39          | 27:09   | 269     | 39:40       | 79.20           | 11:07:22        | 8:25                 | 33      | 2:54:24              | 242     | 4:55:53  |
| VP13 - Revierförs   | 5.70        | 47:18           | 8:17                   | 15          | 6:39    | 125     | 17:15       | 84.90           | 11:54:40        | 8:25                 | 33      | 2:58:23              | 237     | 5:13:08  |
| VP14 - Schloss S    | 6.30        | 1:06:11         | 10:30                  | 26          | 20:53   | 166     | 34:44       | 91.20           | 13:00:51        | 8:33                 | 33      | 3:19:16              | 229     | 5:47:52  |
| VP15 - Pagel & Fi   | 7.60        | 1:10:06         | 9:13                   | 29          | 19:44   | 205     | 32:24       | 98.80           | 14:10:57        | 8:36                 | 33      | 3:35:08              | 228     | 6:20:16  |
| VP16 - Karolinenl   | 4.90        | 50:51           | 10:22                  | 29          | 12:53   | 190     | 25:16       | 103.70          | 15:01:48        | 8:41                 | 32      | 3:41:09              | 224     | 6:45:32  |
| VP17 - Falkensee    | 6.50        | 59:06           | 9:05                   | 25          | 12:57   | 160     | 26:35       | 110.20          | 16:00:54        | 8:43                 | 31      | 3:47:27              | 218     | 7:12:07  |
| VP18 - Schönwal     | 5.80        | 57:08           | 9:51                   | 25          | 17:35   | 172     | 28:03       | 116.00          | 16:58:02        | 8:46                 | 31      | 4:03:16              | 217     | 7:40:10  |
| VP19 - Grenzturn    | 7.30        | 1:13:54         | 10:07                  | 21          | 42:31   | 161     | 45:48       | 123.30          | 18:11:56        | 8:51                 | 30      | 4:25:20              | 212     | 8:15:17  |
| VP20 - Rudercluk    | 4.80        | 54:12           | 11:17                  | 26          | 19:37   | 205     | 29:52       | 128.10          | 19:06:08        | 8:56                 | 30      | 4:44:57              | 208     | 8:45:09  |
| VP21 - Frohnau      | 4.10        | 58:23           | 14:14                  | 37          | 24:41   | 205     | 35:44       | 132.20          | 20:04:31        | 9:06                 | 31      | 5:09:38              | 208     | 9:20:53  |
| VP22 - Naturschu    | 6.40        | 58:14           | 9:05                   | 14          | 10:11   | 111     | 25:02       | 138.60          | 21:02:45        | 9:06                 | 31      | 5:19:49              | 207     | 9:45:55  |
| VP23 - Oranienbu    | 4.50        | 49:19           | 10:57                  | 26          | 15:15   | 164     | 24:22       | 143.10          | 21:52:04        | 9:10                 | 30      | 5:35:04              | 205     | 10:10:17 |
| VP24 - Laufftreff l | 5.30        | 55:38           | 10:29                  | 22          | 16:12   | 161     | 27:24       | 148.40          | 22:47:42        | 9:12                 | 30      | 5:50:24              | 202     | 10:37:41 |
| VP25 - Wilhelmsr    | 5.70        | 56:37           | 9:55                   | 18          | 13:58   | 129     | 26:36       | 154.10          | 23:44:19        | 9:14                 | 29      | 6:04:22              | 197     | 11:04:17 |
| VP26 - Wollankst    | 3.10        | 32:40           | 10:32                  | 17          | 7:42    | 131     | 15:33       | 157.20          | 24:16:59        | 9:16                 | 29      | 6:12:04              | 194     | 11:19:50 |
| Friedrich-Ludwig    | 4.20        | 29:33           | 7:02                   | 3           | 2:36    | 44      | 9:47        | 161.90          | 24:46:32        | 9:10                 | 29      | 6:11:00              | 192     | 11:28:51 |