



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## evaluación detallada

**Heyer, Hermann**

Asociación: LG Mauerweg Berlin, 100MC  
Dorsal: 69

recorrido: 161.90 km  
100MeilenBerlin

categoría:  
Senioren M55 (55-59 Jahre)

tiempo total: 29:56:46

velocidad: 5.38 km/h  
rendimiento en carrera: 11:06 min/km

posición en el recorrido/Total: 324 (de 397)  
posición en el recorrido/Men: 259 (de 313)  
mejor tiempo del recorrido: 13:17:41

posición en la categoría: 40(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     | posición | retraso  | Total<br>km | Total<br>tiempo | Total<br>posición | retraso  | posición | retraso  |         |          |
|                    |             |                 | retraso                | posición    | retraso  | posición | retraso     | posición        | retraso           | posición | retraso  | posición | retraso | posición |
| VP1 - Checkpoint   | 8.60        | 1:16:12         | 8:51                   | 50          | 26:49    | 312      | 32:04       | 8.60            | 1:16:12           | 8:51     | 50       | 26:49    | 312     | 32:04    |
| VP2 - East Side G  | 4.80        | 39:35           | 8:14                   | 50          | 14:49    | 310      | 18:32       | 13.40           | 1:55:47           | 8:38     | 50       | 41:38    | 312     | 50:33    |
| VP3 - Dammweg      | 5.80        | 53:11           | 9:10                   | 49          | 18:38    | 309      | 23:59       | 19.20           | 2:48:58           | 8:48     | 50       | 1:00:16  | 312     | 1:14:07  |
| VP4 - Johannisth   | 5.70        | 50:22           | 8:50                   | 49          | 18:40    | 306      | 25:50       | 24.90           | 3:39:20           | 8:48     | 50       | 1:18:45  | 310     | 1:39:38  |
| VP5 - Imbiß "Am    | 9.50        | 1:27:10         | 9:10                   | 49          | 32:29    | 307      | 45:38       | 34.40           | 5:06:30           | 8:54     | 50       | 1:51:14  | 308     | 2:25:13  |
| VP6 - Buckow       | 4.50        | 45:12           | 10:02                  | 47          | 18:38    | 298      | 24:36       | 38.90           | 5:51:42           | 9:02     | 50       | 2:09:52  | 308     | 2:49:49  |
| control            | 7.60        | 1:12:51         | 9:35                   | 48          | 28:04    | 296      | 38:49       | 46.50           | 7:04:33           | 9:07     | 50       | 2:37:56  | 308     | 3:28:38  |
| VP8 - Osdorfer St  | 6.30        | 1:01:58         | 9:50                   | 45          | 25:11    | 294      | 34:32       | 52.80           | 8:06:31           | 9:12     | 50       | 3:02:10  | 307     | 4:03:10  |
| VP9 - Sportplatz   | 6.50        | 1:16:36         | 11:47                  | 42          | 38:50    | 278      | 55:09       | 59.30           | 9:23:07           | 9:29     | 47       | 3:35:03  | 303     | 4:48:16  |
| VP10 - Königswe    | 6.20        | 1:07:25         | 10:52                  | 47          | 27:13    | 291      | 38:00       | 65.50           | 10:30:32          | 9:37     | 46       | 3:58:51  | 297     | 5:26:16  |
| VP11 - Gedenkst    | 6.80        | 1:25:54         | 12:37                  | 45          | 1:01:35  | 294      | 1:01:35     | 72.30           | 11:56:26          | 9:54     | 44       | 4:35:27  | 294     | 6:18:04  |
| VP12 - Brauhaus    | 6.90        | 1:16:11         | 11:02                  | 40          | 30:33    | 278      | 43:04       | 79.20           | 13:12:37          | 10:00    | 44       | 4:59:39  | 292     | 7:01:08  |
| VP13 - Revierförs  | 5.70        | 1:08:34         | 12:01                  | 43          | 27:55    | 287      | 38:31       | 84.90           | 14:21:11          | 10:08    | 44       | 5:24:54  | 291     | 7:39:39  |
| VP14 - Schloss S   | 6.30        | 1:38:11         | 15:35                  | 42          | 52:53    | 281      | 1:06:44     | 91.20           | 15:59:22          | 10:31    | 44       | 6:17:47  | 288     | 8:46:23  |
| VP15 - Pagel & Fi  | 7.60        | 1:42:20         | 13:27                  | 42          | 51:58    | 281      | 1:04:38     | 98.80           | 17:41:42          | 10:44    | 43       | 7:05:53  | 286     | 9:51:01  |
| VP16 - Karolinenl  | 4.90        | 1:03:51         | 13:01                  | 37          | 25:53    | 258      | 38:16       | 103.70          | 18:45:33          | 10:51    | 42       | 7:24:54  | 281     | 10:29:17 |
| VP17 - Falkensee   | 6.50        | 1:25:48         | 13:11                  | 39          | 39:39    | 266      | 53:17       | 110.20          | 20:11:21          | 10:59    | 42       | 7:57:54  | 278     | 11:22:34 |
| VP18 - Schönwal    | 5.80        | 1:08:57         | 11:53                  | 35          | 29:24    | 235      | 39:52       | 116.00          | 21:20:18          | 11:02    | 41       | 8:25:32  | 276     | 12:02:26 |
| VP19 - Grenzturn   | 7.30        | 1:35:27         | 13:04                  | 34          | 1:04:04  | 242      | 1:07:21     | 123.30          | 22:55:45          | 11:09    | 41       | 9:09:09  | 275     | 12:59:06 |
| VP20 - Rudercluk   | 4.80        | 43:03           | 8:58                   | 9           | 8:28     | 85       | 18:43       | 128.10          | 23:38:48          | 11:04    | 41       | 9:17:37  | 271     | 13:17:49 |
| VP21 - Frohnau     | 4.10        | 51:52           | 12:39                  | 30          | 18:10    | 164      | 29:13       | 132.20          | 24:30:40          | 11:07    | 41       | 9:35:47  | 265     | 13:47:02 |
| VP22 - Naturschu   | 6.40        | 1:18:37         | 12:17                  | 36          | 30:34    | 236      | 45:25       | 138.60          | 25:49:17          | 11:10    | 41       | 10:06:21 | 264     | 14:32:27 |
| VP23 - Oranienbu   | 4.50        | 51:57           | 11:32                  | 28          | 17:53    | 185      | 27:00       | 143.10          | 26:41:14          | 11:11    | 40       | 10:24:14 | 260     | 14:59:27 |
| VP24 - Lauftreff l | 5.30        | 1:07:53         | 12:48                  | 37          | 28:27    | 229      | 39:39       | 148.40          | 27:49:07          | 11:14    | 40       | 10:51:49 | 260     | 15:39:06 |
| VP25 - Wilhelmsr   | 5.70        | 1:03:15         | 11:05                  | 32          | 20:36    | 191      | 33:14       | 154.10          | 28:52:22          | 11:14    | 40       | 11:12:25 | 260     | 16:12:20 |
| VP26 - Wollankst   | 3.10        | 31:14           | 10:04                  | 11          | 6:16     | 111      | 14:07       | 157.20          | 29:23:36          | 11:13    | 40       | 11:18:41 | 260     | 16:26:27 |
| Friedrich-Ludwig   | 4.20        | 33:10           | 7:53                   | 14          | 6:13     | 113      | 13:24       | 161.90          | 29:56:46          | 11:05    | 40       | 11:21:14 | 260     | 16:39:05 |