



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

evaluación detallada

Ishikawa, Yoshihiko

Asociación: Nichia

Dorsal: 5

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M30 (30-34 Jahre)

tiempo total: 13:17:41

velocidad: 12.11 km/h

rendimiento en carrera: 4:56 min/km

posición en el recorrido/Total: 1 (de 397)

posición en el recorrido/Men: 1 (de 313)

mejor tiempo del recorrido: 13:17:41

posición en la categoría: 1(de 11)

mejor tiempo en la categoría: 13:17:41

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | stage score | | | Total score | | | | | | | |
|--------------------|-------------|-----------------|------------------------|-------------|---------|---------|-------------|-----------------|-------------------|---------|---------|---------|-----|------|
| | | | | retraso | retraso | retraso | Total km | Total tiempo | Total posición | retraso | retraso | retraso | | |
| | | | retraso | retraso | retraso | Men | Men | Men | Men | Men | Men | Men | Men | |
| VP1 - Checkpoint | 8.60 | 44:15 | 5:08 | 2 | 0:03 | 8 | 0:07 | 8.60 | 44:15 | 5:08 | 2 | 0:03 | 8 | 0:07 |
| VP2 - East Side G | 4.80 | 21:10 | 4:24 | 1 | - | 5 | 0:07 | 13.40 | 1:05:25 | 4:52 | 1 | - | 6 | 0:11 |
| VP3 - Dammweg | 5.80 | 29:48 | 5:08 | 2 | 0:36 | 4 | 0:36 | 19.20 | 1:35:13 | 4:57 | 2 | 0:22 | 6 | 0:22 |
| VP4 - Johannisth | 5.70 | 24:32 | 4:18 | 1 | - | 1 | - | 24.90 | 1:59:45 | 4:48 | 1 | - | 2 | 0:03 |
| VP5 - Imbiß "Am | 9.50 | 41:32 | 4:22 | 1 | - | 1 | - | 34.40 | 2:41:17 | 4:41 | 1 | - | 1 | - |
| VP6 - Buckow | 4.50 | 20:36 | 4:34 | 1 | - | 1 | - | 38.90 | 3:01:53 | 4:40 | 1 | - | 1 | - |
| control | 7.60 | 34:02 | 4:28 | 1 | - | 1 | - | 46.50 | 3:35:55 | 4:38 | 1 | - | 1 | - |
| VP8 - Osdorfer St | 6.30 | 27:26 | 4:21 | 1 | - | 1 | - | 52.80 | 4:03:21 | 4:36 | 1 | - | 1 | - |
| VP9 - Sportplatz | 6.50 | 31:30 | 4:50 | 2 | 9:51 | 5 | 10:03 | 59.30 | 4:34:51 | 4:38 | 1 | - | 1 | - |
| VP10 - Königswe | 6.20 | 29:25 | 4:44 | 1 | - | 1 | - | 65.50 | 5:04:16 | 4:38 | 1 | - | 1 | - |
| VP11 - Gedenkst | 6.80 | 34:06 | 5:00 | 1 | - | 3 | 9:47 | 72.30 | 5:38:22 | 4:40 | 1 | - | 1 | - |
| VP12 - Brauhaus | 6.90 | 33:07 | 4:47 | 1 | - | 1 | - | 79.20 | 6:11:29 | 4:41 | 1 | - | 1 | - |
| VP13 - Revierförs | 5.70 | 30:03 | 5:16 | 1 | - | 1 | - | 84.90 | 6:41:32 | 4:43 | 1 | - | 1 | - |
| VP14 - Schloss S | 6.30 | 31:27 | 4:59 | 1 | - | 1 | - | 91.20 | 7:12:59 | 4:44 | 1 | - | 1 | - |
| VP15 - Pagel & Fi | 7.60 | 37:42 | 4:57 | 1 | - | 1 | - | 98.80 | 7:50:41 | 4:45 | 1 | - | 1 | - |
| VP16 - Karolinenl | 4.90 | 25:35 | 5:13 | 1 | - | 1 | - | 103.70 | 8:16:16 | 4:47 | 1 | - | 1 | - |
| VP17 - Falkensee | 6.50 | 32:31 | 5:00 | 1 | - | 1 | - | 110.20 | 8:48:47 | 4:47 | 1 | - | 1 | - |
| VP18 - Schönwal | 5.80 | 29:05 | 5:00 | 1 | - | 1 | - | 116.00 | 9:17:52 | 4:48 | 1 | - | 1 | - |
| VP19 - Grenzturn | 7.30 | 38:47 | 5:18 | 2 | 10:41 | 4 | 10:41 | 123.30 | 9:56:39 | 4:50 | 1 | - | 1 | - |
| VP20 - Rudercluk | 4.80 | 24:20 | 5:04 | 1 | - | 1 | - | 128.10 | 10:20:59 | 4:50 | 1 | - | 1 | - |
| VP21 - Frohnau | 4.10 | 22:39 | 5:31 | 1 | - | 1 | - | 132.20 | 10:43:38 | 4:52 | 1 | - | 1 | - |
| VP22 - Naturschu | 6.40 | 33:12 | 5:11 | 1 | - | 1 | - | 138.60 | 11:16:50 | 4:53 | 1 | - | 1 | - |
| VP23 - Oranienbu | 4.50 | 24:57 | 5:32 | 1 | - | 1 | - | 143.10 | 11:41:47 | 4:54 | 1 | - | 1 | - |
| VP24 - Lauftreff l | 5.30 | 28:14 | 5:19 | 1 | - | 1 | - | 148.40 | 12:10:01 | 4:55 | 1 | - | 1 | - |
| VP25 - Wilhelmsr | 5.70 | 30:01 | 5:15 | 1 | - | 1 | - | 154.10 | 12:40:02 | 4:55 | 1 | - | 1 | - |
| VP26 - Wollankst | 3.10 | 17:07 | 5:31 | 1 | - | 1 | - | 157.20 | 12:57:09 | 4:56 | 1 | - | 1 | - |
| Friedrich-Ludwig | 4.20 | 20:32 | 4:53 | 2 | 0:46 | 2 | 0:46 | 161.90 | 13:17:41 | 4:55 | 1 | - | 1 | - |