



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

evaluación detallada

Wadehn, Jan-Olof

Asociación: Bielefeld

Dorsal: 16

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 18:21:35

velocidad: 8.82 km/h

rendimiento en carrera: 6:48 min/km

posición en el recorrido/Total: 23 (de 397)

posición en el recorrido/Men: 20 (de 313)

mejor tiempo del recorrido: 13:17:41

posición en la categoría: 6(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 | | | | | | | |
|--------------------|-------------|-----------------|------------------------|---------|----------|---------|-------|--------|----------|------|-----|---------|-----|---------|
| | | | | retraso | posición | retraso | km | tiempo | min/km | | | | | |
| | | | Men | Men | Men | Men | Men | Men | Men | Men | Men | Men | Men | |
| VP1 - Checkpoint | 8.60 | 54:19 | 6:18 | 15 | 10:05 | 58 | 10:11 | 8.60 | 54:19 | 6:18 | 15 | 10:05 | 58 | 10:11 |
| VP2 - East Side G | 4.80 | 26:17 | 5:28 | 15 | 5:12 | 48 | 5:14 | 13.40 | 1:20:36 | 6:00 | 16 | 15:17 | 51 | 15:22 |
| VP3 - Dammweg | 5.80 | 34:55 | 6:01 | 13 | 5:07 | 43 | 5:43 | 19.20 | 1:55:31 | 6:00 | 15 | 20:24 | 47 | 20:40 |
| VP4 - Johannisth | 5.70 | 32:37 | 5:43 | 12 | 5:55 | 41 | 8:05 | 24.90 | 2:28:08 | 5:56 | 16 | 26:19 | 46 | 28:26 |
| VP5 - Imbiß "Am | 9.50 | 56:01 | 5:53 | 10 | 8:39 | 40 | 14:29 | 34.40 | 3:24:09 | 5:56 | 13 | 34:58 | 41 | 42:52 |
| VP6 - Buckow | 4.50 | 26:42 | 5:56 | 6 | 3:27 | 25 | 6:06 | 38.90 | 3:50:51 | 5:56 | 12 | 38:25 | 40 | 48:58 |
| control | 7.60 | 44:10 | 5:48 | 7 | 3:28 | 30 | 10:08 | 46.50 | 4:35:01 | 5:54 | 11 | 41:50 | 37 | 59:06 |
| VP8 - Osdorfer St | 6.30 | 42:03 | 6:40 | 19 | 8:24 | 77 | 14:37 | 52.80 | 5:17:04 | 6:00 | 12 | 50:14 | 42 | 1:13:43 |
| VP9 - Sportplatz | 6.50 | 45:12 | 6:57 | 10 | 10:38 | 49 | 23:45 | 59.30 | 6:02:16 | 6:06 | 10 | 1:00:52 | 42 | 1:27:25 |
| VP10 - Königswe | 6.20 | 39:26 | 6:21 | 5 | 3:23 | 27 | 10:01 | 65.50 | 6:41:42 | 6:07 | 10 | 1:04:15 | 39 | 1:37:26 |
| VP11 - Gedenkst | 6.80 | 40:13 | 5:54 | 1 | - | 12 | 15:54 | 72.30 | 7:21:55 | 6:06 | 8 | 1:03:21 | 34 | 1:43:33 |
| VP12 - Brauhaus | 6.90 | 53:47 | 7:47 | 21 | 12:27 | 106 | 20:40 | 79.20 | 8:15:42 | 6:15 | 9 | 1:11:30 | 38 | 2:04:13 |
| VP13 - Revierförs | 5.70 | 43:14 | 7:35 | 17 | 8:35 | 69 | 13:11 | 84.90 | 8:58:56 | 6:20 | 8 | 42:21 | 36 | 2:17:24 |
| VP14 - Schloss S | 6.30 | 48:17 | 7:39 | 8 | 10:42 | 42 | 16:50 | 91.20 | 9:47:13 | 6:26 | 7 | 47:30 | 33 | 2:34:14 |
| VP15 - Pagel & Fi | 7.60 | 47:13 | 6:12 | 2 | 0:26 | 13 | 9:31 | 98.80 | 10:34:26 | 6:25 | 7 | 45:49 | 28 | 2:43:45 |
| VP16 - Karolinenl | 4.90 | 38:28 | 7:51 | 9 | 6:26 | 42 | 12:53 | 103.70 | 11:12:54 | 6:29 | 7 | 52:15 | 27 | 2:56:38 |
| VP17 - Falkensee | 6.50 | 45:08 | 6:56 | 3 | 2:49 | 19 | 12:37 | 110.20 | 11:58:02 | 6:30 | 6 | 55:04 | 26 | 3:09:15 |
| VP18 - Schönwal | 5.80 | 38:56 | 6:42 | 2 | 3:01 | 12 | 9:51 | 116.00 | 12:36:58 | 6:31 | 6 | 58:05 | 26 | 3:19:06 |
| VP19 - Grenzturn | 7.30 | 49:31 | 6:46 | 2 | 3:09 | 14 | 21:25 | 123.30 | 13:26:29 | 6:32 | 6 | 1:01:14 | 22 | 3:29:50 |
| VP20 - Rudercluk | 4.80 | 36:33 | 7:36 | 6 | 7:12 | 29 | 12:13 | 128.10 | 14:03:02 | 6:34 | 6 | 1:08:26 | 22 | 3:42:03 |
| VP21 - Frohnau | 4.10 | 37:41 | 9:11 | 11 | 11:54 | 43 | 15:02 | 132.20 | 14:40:43 | 6:39 | 6 | 1:20:20 | 22 | 3:57:05 |
| VP22 - Naturschu | 6.40 | 43:51 | 6:51 | 2 | 3:26 | 13 | 10:39 | 138.60 | 15:24:34 | 6:40 | 6 | 1:23:46 | 22 | 4:07:44 |
| VP23 - Oranienbu | 4.50 | 34:22 | 7:38 | 4 | 6:04 | 19 | 9:25 | 143.10 | 15:58:56 | 6:42 | 6 | 1:29:50 | 22 | 4:17:09 |
| VP24 - Lauftreff l | 5.30 | 42:22 | 7:59 | 7 | 9:55 | 30 | 14:08 | 148.40 | 16:41:18 | 6:44 | 6 | 1:39:45 | 21 | 4:31:17 |
| VP25 - Wilhelmsr | 5.70 | 45:43 | 8:01 | 9 | 9:56 | 38 | 15:42 | 154.10 | 17:27:01 | 6:47 | 6 | 1:49:41 | 21 | 4:46:59 |
| VP26 - Wollankst | 3.10 | 26:47 | 8:38 | 15 | 6:23 | 45 | 9:40 | 157.20 | 17:53:48 | 6:49 | 6 | 1:56:04 | 21 | 4:56:39 |
| Friedrich-Ludwig | 4.20 | 27:47 | 6:36 | 7 | 3:08 | 36 | 8:01 | 161.90 | 18:21:35 | 6:48 | 6 | 1:59:03 | 21 | 5:03:54 |