



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

evaluación detallada

Bandowski, Dirk

Asociación: LG Kaufungen

Dorsal: 144

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 19:08:55

velocidad: 8.41 km/h

rendimiento en carrera: 7:06 min/km

posición en el recorrido/Total: 35 (de 397)

posición en el recorrido/Men: 30 (de 313)

mejor tiempo del recorrido: 13:17:41

posición en la categoría: 9(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 | | | | | |
| VP1 - Checkpoint | 8.60 | 57:44 | 6:42 | 26 | 13:30 | 97 | 13:36 | 8.60 | 57:44 | 6:42 | 26 | 13:30 | 97 | 13:36 |
| VP2 - East Side G | 4.80 | 28:01 | 5:50 | 26 | 6:56 | 86 | 6:58 | 13.40 | 1:25:45 | 6:23 | 27 | 20:26 | 98 | 20:31 |
| VP3 - Dammweg | 5.80 | 37:07 | 6:23 | 23 | 7:19 | 82 | 7:55 | 19.20 | 2:02:52 | 6:23 | 25 | 27:45 | 93 | 28:01 |
| VP4 - Johannisth | 5.70 | 36:33 | 6:24 | 33 | 9:51 | 121 | 12:01 | 24.90 | 2:39:25 | 6:24 | 26 | 37:36 | 98 | 39:43 |
| VP5 - Imbiß "Am | 9.50 | 1:01:07 | 6:26 | 23 | 13:45 | 86 | 19:35 | 34.40 | 3:40:32 | 6:24 | 25 | 51:21 | 95 | 59:15 |
| VP6 - Buckow | 4.50 | 29:33 | 6:33 | 16 | 6:18 | 65 | 8:57 | 38.90 | 4:10:05 | 6:25 | 21 | 57:39 | 82 | 1:08:12 |
| control | 7.60 | 48:58 | 6:26 | 14 | 8:16 | 69 | 14:56 | 46.50 | 4:59:03 | 6:25 | 19 | 1:05:52 | 76 | 1:23:08 |
| VP8 - Osdorfer St | 6.30 | 41:12 | 6:32 | 16 | 7:33 | 63 | 13:46 | 52.80 | 5:40:15 | 6:26 | 19 | 1:13:25 | 74 | 1:36:54 |
| VP9 - Sportplatz | 6.50 | 43:29 | 6:41 | 8 | 8:55 | 36 | 22:02 | 59.30 | 6:23:44 | 6:28 | 14 | 1:22:20 | 61 | 1:48:53 |
| VP10 - Königswe | 6.20 | 42:49 | 6:54 | 16 | 6:46 | 60 | 13:24 | 65.50 | 7:06:33 | 6:30 | 14 | 1:29:06 | 60 | 2:02:17 |
| VP11 - Gedenkst | 6.80 | 53:45 | 7:54 | 27 | 13:32 | 120 | 29:26 | 72.30 | 8:00:18 | 6:38 | 15 | 1:41:44 | 62 | 2:21:56 |
| VP12 - Brauhaus | 6.90 | 49:15 | 7:08 | 11 | 7:55 | 56 | 16:08 | 79.20 | 8:49:33 | 6:41 | 15 | 1:45:21 | 64 | 2:38:04 |
| VP13 - Revierförs | 5.70 | 43:31 | 7:38 | 18 | 8:52 | 72 | 13:28 | 84.90 | 9:33:04 | 6:44 | 13 | 1:16:29 | 62 | 2:51:32 |
| VP14 - Schloss S | 6.30 | 49:55 | 7:55 | 9 | 12:20 | 44 | 18:28 | 91.20 | 10:22:59 | 6:49 | 12 | 1:23:16 | 57 | 3:10:00 |
| VP15 - Pagel & Fi | 7.60 | 52:53 | 6:57 | 6 | 6:06 | 38 | 15:11 | 98.80 | 11:15:52 | 6:50 | 12 | 1:27:15 | 55 | 3:25:11 |
| VP16 - Karolinenl | 4.90 | 39:36 | 8:04 | 13 | 7:34 | 52 | 14:01 | 103.70 | 11:55:28 | 6:53 | 12 | 1:34:49 | 53 | 3:39:12 |
| VP17 - Falkensee | 6.50 | 47:21 | 7:17 | 11 | 5:02 | 37 | 14:50 | 110.20 | 12:42:49 | 6:55 | 12 | 1:39:51 | 50 | 3:54:02 |
| VP18 - Schönwal | 5.80 | 43:52 | 7:33 | 12 | 7:57 | 42 | 14:47 | 116.00 | 13:26:41 | 6:57 | 11 | 1:47:48 | 48 | 4:08:49 |
| VP19 - Grenzturn | 7.30 | 57:27 | 7:52 | 11 | 11:05 | 39 | 29:21 | 123.30 | 14:24:08 | 7:00 | 11 | 1:58:53 | 44 | 4:27:29 |
| VP20 - Rudercluk | 4.80 | 37:15 | 7:45 | 8 | 7:54 | 32 | 12:55 | 128.10 | 15:01:23 | 7:02 | 11 | 2:06:47 | 41 | 4:40:24 |
| VP21 - Frohnau | 4.10 | 32:48 | 8:00 | 2 | 7:01 | 11 | 10:09 | 132.20 | 15:34:11 | 7:03 | 11 | 2:13:48 | 39 | 4:50:33 |
| VP22 - Naturschu | 6.40 | 46:53 | 7:19 | 6 | 6:28 | 21 | 13:41 | 138.60 | 16:21:04 | 7:04 | 11 | 2:20:16 | 37 | 5:04:14 |
| VP23 - Oranienbu | 4.50 | 34:41 | 7:42 | 5 | 6:23 | 20 | 9:44 | 143.10 | 16:55:45 | 7:05 | 10 | 2:26:39 | 36 | 5:13:58 |
| VP24 - Laufftreff l | 5.30 | 41:54 | 7:54 | 4 | 9:27 | 25 | 13:40 | 148.40 | 17:37:39 | 7:07 | 10 | 2:36:06 | 33 | 5:27:38 |
| VP25 - Wilhelmsr | 5.70 | 42:34 | 7:28 | 2 | 6:47 | 18 | 12:33 | 154.10 | 18:20:13 | 7:08 | 10 | 2:42:53 | 33 | 5:40:11 |
| VP26 - Wollankst | 3.10 | 22:49 | 7:21 | 4 | 2:25 | 15 | 5:42 | 157.20 | 18:43:02 | 7:08 | 9 | 2:45:18 | 31 | 5:45:53 |
| Friedrich-Ludwig | 4.20 | 25:53 | 6:09 | 3 | 1:14 | 19 | 6:07 | 161.90 | 19:08:55 | 7:05 | 9 | 2:46:23 | 31 | 5:51:14 |