100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detalizēti rezultāti

Tonkens, Jan

Klubs: Loopgroep Biddinghuizen
Numurs: 209

Posms: 161.90 km
100MeilenBerlin

Grupa:
Senioren M50 (50-54 Jahre)

Kopējais laiks: 29:52:31

Ātrums: 5.42 km/h
Skrējiena izpildījums: 11:04 min/km

Vieta distancē/Kopā: 322 (no 397)
Vieta distancē/Vīrieši: 257 (no 313)
Distances labākais laiks: 13:17:41

Vieta grupā: 64(no 75)
Grupas labākais laiks: 14:30:53

Vidējie laiki | Posma rezultāts | Kopējais rezultāts

Kontrolpunkts	Posma km	Posma Laiks	Posma min/km	Vietaztrūkums grupā	Vietaztrūkums grupā	Vietaztrūkums Vīrieši	Vietaztrūkums Vīrieši	Kopā km	Kopā Laiks	Kopā min/km	Vietaztrūkums grupā	Vietaztrūkums grupā	Vietaztrūkums Vīrieši	Vietaztrūkums Vīrieši
VP1 - Checkpoint	8.60	1:07:14	7:49	57	23:05	251	23:06	8.60	1:07:14	7:49	57	23:05	251	23:06
VP2 - East Side G	4.80	34:24	7:10	66	13:21	267	13:21	13.40	1:41:38	7:35	62	36:24	262	36:24
VP3 - Dammweg	5.80	46:13	7:58	68	16:43	273	17:01	19.20	2:27:51	7:42	63	52:57	265	53:00
VP4 - Johannistha	5.70	43:50	7:41	66	19:02	271	19:18	24.90	3:11:41	7:41	66	1:11:59	273	1:11:59
VP5 - Imbiß "Am	9.50	1:14:53	7:52	65	32:32	261	33:21	34.40	4:26:34	7:44	66	1:44:31	268	1:45:17
VP6 - Buckow	4.50	38:33	8:33	66	17:18	256	17:57	38.90	5:05:07	7:50	65	2:01:49	265	2:03:14
Kontrolpunkts	7.60	1:13:26	9:39	73	36:58	302	39:24	46.50	6:18:33	8:08	68	2:38:22	279	2:42:38
VP8 - Osdorfer St	6.30	54:40	8:40	68	24:25	251	27:14	52.80	7:13:13	8:12	68	3:02:47	275	3:09:52
VP9 - Sportplatz	6.50	1:10:52	10:54	64	39:27	259	49:25	59.30	8:24:05	8:30	67	3:42:14	265	3:49:14
VP10 - Königswe	6.20	57:39	9:17	63	26:26	249	28:14	65.50	9:21:44	8:34	67	4:08:40	265	4:17:28
VP11 - Gedenkst	6.80	1:07:39	9:56	64	32:46	257	43:20	72.30	10:29:23	8:42	67	4:40:25	263	4:51:01
VP12 - Brauhaus	6.90	1:11:27	10:21	66	35:45	262	38:20	79.20	11:40:50	8:50	68	5:16:10	261	5:29:21
VP13 - Revierförs	5.70	1:00:15	10:34	68	29:38	264	30:12	84.90	12:41:05	8:57	67	5:45:48	259	5:59:33
VP14 - Schloss Sa	6.30	2:15:00	21:25	72	1:41:36	288	1:43:33	91.20	14:56:05	9:49	72	7:27:04	279	7:43:06
VP15 - Pagel & Fi	7.60	1:21:48	10:45	67	42:01	260	44:06	98.80	16:17:53	9:53	72	8:06:01	276	8:27:12
VP16 - Karolinenl	4.90	1:15:27	15:23	69	48:20	274	49:52	103.70	17:33:20	10:09	71	8:54:21	273	9:17:04
VP17 - Falkensee	6.50	1:31:38	14:05	71	53:54	274	59:07	110.20	19:04:58	10:23	71	9:44:11	274	10:16:11
VP18 - Schönwal	5.80	1:19:00	13:37	71	46:29	269	49:55	116.00	20:23:58	10:33	71	10:30:37	273	11:06:06
VP19 - Grenzturn	7.30	1:57:25	16:05	69	1:14:16	267	1:29:19	123.30	22:21:23	10:52	70	11:43:45	272	12:24:44
VP20 - Ruderclub	4.80	56:40	11:48	60	29:02	218	32:20	128.10	23:18:03	10:54	67	12:12:47	266	12:57:04
VP21 - Frohnau	4.10	46:29	11:20	36	22:31	123	23:50	132.20	24:04:32	10:55	65	12:35:18	261	13:20:54
VP22 - Naturschu	6.40	1:19:11	12:22	60	41:42	240	45:59	138.60	25:23:43	10:59	65	13:12:58	261	14:06:53
VP23 - Oranienbu	4.50	54:51	12:11	51	27:45	199	29:54	143.10	26:18:34	11:01	65	13:39:50	258	14:36:47
VP24 - Lauftreff L	5.30	1:12:01	13:35	63	40:44	246	43:47	148.40	27:30:35	11:07	65	14:20:34	259	15:20:34
VP25 - Wilhelmsr	5.70	1:03:36	11:09	51	30:28	195	33:35	154.10	28:34:11	11:07	65	14:50:20	259	15:54:09
VP26 - Wollankst	3.10	37:51	12:12	57	19:51	215	20:44	157.20	29:12:02	11:08	65	15:10:11	259	16:14:53
Friedrich-Ludwig	4.20	40:29	9:38	49	18:52	184	20:43	161.90	29:52:31	11:04	65	15:27:07	258	16:34:50