



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Strykowski, Jaroslaw

Club: Galile
Number: 135

Course: 160.90 km
100MeilenBerlin

Category:
Senioren M45 (45-49 Jahre)

Total time: 22:18:17

Speed: 7.17 km/h
Running performance: 8:19 min/km

Rank in course/Total: 72 (of 246)

Rank in course/Men: 67 (of 211)

Best time in course: 13:06:52

Rank in category: 13(of 43)

Best time in the category: 16:18:36

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Mahnmal P	9.02	45:46	5:04	2	3:25	6	4:50	9.02	45:46	5:04	2	3:25	6	4:50
VP2 - Schlesische	5.98	28:26	4:45	2	0:58	8	2:20	15.00	1:14:12	4:56	2	4:23	7	7:10
VP3 - Sonnenalle	6.00	29:17	4:52	2	1:04	8	3:39	21.00	1:43:29	4:55	2	5:27	7	10:49
VP4 - Stubenrauc	5.73	28:56	5:02	2	2:17	11	3:41	26.73	2:12:25	4:57	2	7:44	7	14:30
VP5 - U-Bahnhof	4.30	26:35	6:10	5	4:52	23	5:28	31.03	2:39:00	5:07	2	12:36	8	18:52
VP6 - Buckower I	5.40	33:55	6:16	6	6:11	38	8:32	36.43	3:12:55	5:17	2	18:47	9	27:23
VP7 - Kirchhainer	5.54	37:00	6:40	11	7:09	61	10:49	41.97	3:49:55	5:28	2	25:56	9	37:35
VP8 - Lichtenradi	4.42	27:16	6:10	6	3:23	41	7:03	46.39	4:17:11	5:32	4	29:06	15	44:38
VP9 - Osdorfer St	5.77	39:05	6:46	12	8:06	61	12:53	52.16	4:56:16	5:40	5	32:53	19	56:53
VP10 - Sportplatz	6.41	49:16	7:41	17	15:20	71	20:28	58.57	5:45:32	5:53	5	48:13	22	1:15:47
VP11 - Königsweg	6.18	47:31	7:41	19	12:58	91	18:38	64.75	6:33:03	6:04	5	54:04	27	1:33:34
VP12 - Gedenkst	6.18	1:09:48	11:17	35	31:49	177	38:21	70.93	7:42:51	6:31	9	1:25:53	47	2:11:14
VP13 - Brauhaus	6.84	25:57	3:47	1	-	2	2:20	77.77	8:08:48	6:17	5	1:09:09	32	2:04:48
VP14 - Revierförs	6.06	50:55	8:24	22	13:30	91	21:31	83.83	8:59:43	6:26	7	1:20:46	36	2:26:19
VP15 - Schloß Sa	6.20	1:50:09	17:45	37	1:11:28	190	1:20:22	90.03	10:49:52	7:13	15	2:29:22	66	3:46:41
VP16 - Pagel & Fi	7.63	56:31	7:24	9	9:25	39	20:07	97.66	11:46:23	7:13	13	2:38:47	60	4:06:21
VP17 - Wilhelmst	4.84	35:39	7:21	8	4:37	35	10:32	102.50	12:22:02	7:14	13	2:41:48	60	4:16:53
VP18 - Falkensee	6.58	54:38	8:18	14	21:10	68	21:10	109.08	13:16:40	7:18	12	2:55:29	57	4:37:20
VP19 - Schönwal	5.70	1:00:54	10:41	28	24:16	136	32:05	114.78	14:17:34	7:28	11	3:17:32	60	5:09:25
VP20 - Grenzturn	7.53	1:17:17	10:15	24	42:41	112	42:41	122.31	15:34:51	7:38	12	3:44:21	63	5:47:56
VP21 - Ruderclub	4.78	48:48	10:12	11	15:53	57	25:27	127.09	16:23:39	7:44	12	4:00:14	60	6:13:23
VP22 - Frohnau (4.03	37:51	9:23	13	11:20	63	16:19	131.12	17:01:30	7:47	11	4:11:34	59	6:29:42
VP23 - Naturschu	6.78	1:17:45	11:28	25	33:39	130	43:59	137.90	18:19:15	7:58	12	4:45:13	63	7:13:41
VP24 - Oranienbu	4.75	53:49	11:19	26	20:34	121	27:57	142.65	19:13:04	8:04	12	5:05:05	63	7:41:04
VP25 - Lübars	5.69	59:04	10:22	21	21:23	104	29:44	148.34	20:12:08	8:10	11	5:26:28	63	8:10:48
VP26 - S-Bahnhö	5.71	1:01:31	10:46	22	21:57	113	31:50	154.05	21:13:39	8:16	13	5:45:41	67	8:42:38
VP27 - Wollankst	3.09	23:27	7:35	17	6:41	88	11:06	157.14	21:37:06	8:15	13	5:50:14	67	8:52:20
Friedrich-Ludwig	3.76	41:11	10:57	21	16:13	105	20:34	160.90	22:18:17	8:19	13	5:59:41	67	9:11:25