



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Mose, Lars

Club: DUUL/ Horsensrun

Number: 186

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:31:30

Speed: 7.10 km/h

Running performance: 8:24 min/km

Rank in course/Total: 75 (of 246)

Rank in course/Men: 70 (of 211)

Best time in course: 13:06:52

Rank in category: 14(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Mahnmahl P	9.02	58:18	6:27	14	15:57	62	17:22	9.02	58:18	6:27	14	15:57	62	17:22
VP2 - Schlesische	5.98	37:22	6:14	21	9:54	88	11:16	15.00	1:35:40	6:22	17	25:51	71	28:38
VP3 - Sonnenalle	6.00	36:53	6:08	17	8:40	76	11:15	21.00	2:12:33	6:18	15	34:31	69	39:53
VP4 - Stubenrauc	5.73	35:20	6:09	16	8:41	71	10:05	26.73	2:47:53	6:16	16	43:12	71	49:58
VP5 - U-Bahnhof	4.30	30:23	7:03	15	8:40	73	9:16	31.03	3:18:16	6:23	16	51:52	74	58:08
VP6 - Buckower I	5.40	35:06	6:30	9	7:22	53	9:43	36.43	3:53:22	6:24	16	59:14	70	1:07:50
VP7 - Kirchhainer	5.54	37:48	6:49	13	7:57	69	11:37	41.97	4:31:10	6:27	17	1:07:11	71	1:18:50
VP8 - Lichtenradi	4.42	29:19	6:37	12	5:26	58	9:06	46.39	5:00:29	6:28	13	1:12:24	64	1:27:56
VP9 - Osdorfer St	5.77	41:36	7:12	20	10:37	92	15:24	52.16	5:42:05	6:33	16	1:18:42	71	1:42:42
VP10 - Sportplatz	6.41	48:56	7:38	16	15:00	69	20:08	58.57	6:31:01	6:40	14	1:33:42	67	2:01:16
VP11 - Königsweg	6.18	47:50	7:44	20	13:17	94	18:57	64.75	7:18:51	6:46	15	1:39:52	68	2:19:22
VP12 - Gedenkst	6.18	49:59	8:05	13	12:00	62	18:32	70.93	8:08:50	6:53	14	1:51:52	64	2:37:13
VP13 - Brauhaus	6.84	48:54	7:08	10	22:57	50	25:17	77.77	8:57:44	6:54	14	1:58:05	63	2:53:44
VP14 - Revierförs	6.06	52:19	8:37	26	14:54	108	22:55	83.83	9:50:03	7:02	15	2:11:06	68	3:16:39
VP15 - Schloß Sa	6.20	1:03:43	10:16	21	25:02	96	33:56	90.03	10:53:46	7:15	16	2:33:16	69	3:50:35
VP16 - Pagel & Fi	7.63	1:01:13	8:01	10	14:07	61	24:49	97.66	11:54:59	7:19	16	2:47:23	68	4:14:57
VP17 - Wilhelmst	4.84	41:25	8:33	20	10:23	89	16:18	102.50	12:36:24	7:22	16	2:56:10	69	4:31:15
VP18 - Falkensee	6.58	53:04	8:03	10	19:36	56	19:36	109.08	13:29:28	7:25	15	3:08:17	66	4:50:08
VP19 - Schönwal	5.70	53:36	9:24	16	16:58	86	24:47	114.78	14:23:04	7:31	15	3:23:02	66	5:14:55
VP20 - Grenzturn	7.53	1:11:52	9:32	18	37:16	86	37:16	122.31	15:34:56	7:38	13	3:44:26	64	5:48:01
VP21 - Ruderclub	4.78	54:17	11:21	16	21:22	88	30:56	127.09	16:29:13	7:47	14	4:05:48	64	6:18:57
VP22 - Frohnau (4.03	37:07	9:12	11	10:36	55	15:35	131.12	17:06:20	7:49	13	4:16:24	63	6:34:32
VP23 - Naturschu	6.78	1:10:06	10:20	21	26:00	99	36:20	137.90	18:16:26	7:57	11	4:42:24	61	7:10:52
VP24 - Oranienbu	4.75	53:03	11:10	24	19:48	114	27:11	142.65	19:09:29	8:03	11	5:01:30	61	7:37:29
VP25 - Lübars	5.69	1:03:37	11:10	23	25:56	122	34:17	148.34	20:13:06	8:10	12	5:27:26	65	8:11:46
VP26 - S-Bahnhö	5.71	1:07:02	11:44	28	27:28	141	37:21	154.05	21:20:08	8:18	14	5:52:10	68	8:49:07
VP27 - Wollankst	3.09	25:50	8:21	23	9:04	112	13:29	157.14	21:45:58	8:18	14	5:59:06	68	9:01:12
Friedrich-Ludwig	3.76	45:32	12:06	29	20:34	138	24:55	160.90	22:31:30	8:23	14	6:12:54	70	9:24:38