



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Panse, Jens

Club: USV Erfurt

Number: 269

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:32:50

Speed: 7.10 km/h

Running performance: 8:25 min/km

Rank in course/Total: 76 (of 246)

Rank in course/Men: 71 (of 211)

Best time in course: 13:06:52

Rank in category: 15(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 - Mahnmahl P	9.02	58:31	6:29	15	16:10	67	17:35	9.02	58:31	6:29	15	16:10	67	17:35
VP2 - Schlesische	5.98	37:01	6:11	20	9:33	85	10:55	15.00	1:35:32	6:22	15	25:43	68	28:30
VP3 - Sonnenalle	6.00	38:36	6:26	23	10:23	94	12:58	21.00	2:14:08	6:23	19	36:06	80	41:28
VP4 - Stubenrauc	5.73	35:22	6:10	17	8:43	73	10:07	26.73	2:49:30	6:20	19	44:49	78	51:35
VP5 - U-Bahnhof	4.30	30:33	7:06	17	8:50	76	9:26	31.03	3:20:03	6:26	18	53:39	78	59:55
VP6 - Buckower I	5.40	37:38	6:58	21	9:54	91	12:15	36.43	3:57:41	6:31	18	1:03:33	80	1:12:09
VP7 - Kirchhainer	5.54	40:32	7:18	24	10:41	108	14:21	41.97	4:38:13	6:37	18	1:14:14	82	1:25:53
VP8 - Lichtenradi	4.42	32:03	7:15	22	8:10	103	11:50	46.39	5:10:16	6:41	18	1:22:11	84	1:37:43
VP9 - Osdorfer St	5.77	46:11	8:00	32	15:12	146	19:59	52.16	5:56:27	6:50	21	1:33:04	90	1:57:04
VP10 - Sportplatz	6.41	58:20	9:06	29	24:24	128	29:32	58.57	6:54:47	7:04	23	1:57:28	101	2:25:02
VP11 - Königsw	6.18	53:13	8:36	30	18:40	143	24:20	64.75	7:48:00	7:13	23	2:09:01	101	2:48:31
VP12 - Gedenkst	6.18	50:59	8:14	15	13:00	66	19:32	70.93	8:38:59	7:19	23	2:22:01	99	3:07:22
VP13 - Brauhaus	6.84	1:02:37	9:09	28	36:40	138	39:00	77.77	9:41:36	7:28	25	2:41:57	103	3:37:36
VP14 - Revierförs	6.06	55:07	9:05	28	17:42	142	25:43	83.83	10:36:43	7:35	26	2:57:46	110	4:03:19
VP15 - Schloß Sa	6.20	1:01:29	9:54	17	22:48	82	31:42	90.03	11:38:12	7:45	24	3:17:42	96	4:35:01
VP16 - Pagel & Fi	7.63	1:11:49	9:24	28	24:43	131	35:25	97.66	12:50:01	7:53	25	3:42:25	102	5:09:59
VP17 - Wilhelmst	4.84	37:42	7:47	10	6:40	49	12:35	102.50	13:27:43	7:52	23	3:47:29	96	5:22:34
VP18 - Falkensee	6.58	59:40	9:04	23	26:12	100	26:12	109.08	14:27:23	7:57	23	4:06:12	96	5:48:03
VP19 - Schönwal	5.70	1:00:08	10:32	26	23:30	131	31:19	114.78	15:27:31	8:04	23	4:27:29	96	6:19:22
VP20 - Grenzturn	7.53	1:13:49	9:48	20	39:13	97	39:13	122.31	16:41:20	8:11	23	4:50:50	97	6:54:25
VP21 - Ruderclub	4.78	49:03	10:15	12	16:08	58	25:42	127.09	17:30:23	8:15	21	5:06:58	89	7:20:07
VP22 - Frohnau (4.03	36:54	9:09	9	10:23	53	15:22	131.12	18:07:17	8:17	21	5:17:21	89	7:35:29
VP23 - Naturschu	6.78	1:05:32	9:39	13	21:26	65	31:46	137.90	19:12:49	8:21	21	5:38:47	88	8:07:15
VP24 - Oranienbu	4.75	42:23	8:55	6	9:08	42	16:31	142.65	19:55:12	8:22	20	5:47:13	86	8:23:12
VP25 - Lübars	5.69	53:38	9:25	13	15:57	69	24:18	148.34	20:48:50	8:25	16	6:03:10	80	8:47:30
VP26 - S-Bahnh	5.71	52:25	9:10	12	12:51	65	22:44	154.05	21:41:15	8:26	16	6:13:17	81	9:10:14
VP27 - Wollankst	3.09	21:16	6:52	10	4:30	57	8:55	157.14	22:02:31	8:24	16	6:15:39	78	9:17:45
Friedrich-Ludwig	3.76	30:19	8:03	3	5:21	27	9:42	160.90	22:32:50	8:24	15	6:14:14	71	9:25:58