



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Heyer, Hermann

Club: Mirko`s Runningteam

Number: 4

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 24:58:04

Speed: 6.41 km/h

Running performance: 9:19 min/km

Rank in course/Total: 145 (of 246)

Rank in course/Men: 131 (of 211)

Best time in course: 13:06:52

Rank in category: 31(of 46)

Best time in the category: 16:59:41

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	1:14:43	8:17	41	33:40	186	33:47	9.02	1:14:43	8:17	41	33:40	186	33:47
VP2 - Schlesische	5.98	46:56	7:50	41	20:48	184	20:50	15.00	2:01:39	8:06	41	54:28	185	54:37
VP3 - Sonnenalle	6.00	43:52	7:18	36	15:31	172	18:14	21.00	2:45:31	7:52	41	1:09:59	185	1:12:51
VP4 - Stubenrauc	5.73	41:25	7:13	36	13:03	164	16:10	26.73	3:26:56	7:44	39	1:23:02	182	1:29:01
VP5 - U-Bahnhof	4.30	36:51	8:34	38	13:45	178	15:44	31.03	4:03:47	7:51	39	1:36:47	181	1:43:39
VP6 - Buckower I	5.40	42:43	7:54	35	13:11	167	17:20	36.43	4:46:30	7:51	38	1:49:58	178	2:00:58
VP7 - Kirchhainer	5.54	45:36	8:13	36	15:04	161	19:25	41.97	5:32:06	7:54	39	2:03:12	179	2:19:46
VP8 - Lichtenrad	4.42	34:37	7:49	30	10:42	144	14:24	46.39	6:06:43	7:54	39	2:10:31	177	2:34:10
VP9 - Osdorfer St	5.77	44:49	7:46	27	13:50	125	18:37	52.16	6:51:32	7:53	37	2:19:03	174	2:52:09
VP10 - Sportplatz	6.41	58:03	9:03	25	23:13	125	29:15	58.57	7:49:35	8:01	36	2:35:32	173	3:19:50
VP11 - Königsw	6.18	50:27	8:09	29	14:19	122	21:34	64.75	8:40:02	8:01	35	2:42:00	165	3:40:33
VP12 - Gedenkst	6.18	1:01:14	9:54	33	23:39	153	29:47	70.93	9:41:16	8:11	35	3:02:46	162	4:09:39
VP13 - Brauhaus	6.84	1:03:46	9:19	32	22:06	143	40:09	77.77	10:45:02	8:17	34	3:22:15	157	4:41:02
VP14 - Revierförs	6.06	53:04	8:45	27	15:43	114	23:40	83.83	11:38:06	8:19	35	3:37:58	152	5:04:42
VP15 - Schloß Sa	6.20	57:35	9:17	15	18:50	67	27:48	90.03	12:35:41	8:23	34	3:56:48	146	5:32:30
VP16 - Pagel & Fi	7.63	1:05:41	8:36	17	18:47	86	29:17	97.66	13:41:22	8:24	31	4:14:58	140	6:01:20
VP17 - Wilhelmst	4.84	43:07	8:54	23	12:02	103	18:00	102.50	14:24:29	8:26	30	4:27:00	138	6:19:20
VP18 - Falkensee	6.58	57:19	8:42	20	17:25	93	23:51	109.08	15:21:48	8:27	29	4:44:25	132	6:42:28
VP19 - Schönwal	5.70	54:39	9:35	21	17:53	97	25:50	114.78	16:16:27	8:30	29	5:02:18	129	7:08:18
VP20 - Grenzturn	7.53	1:21:26	10:48	26	32:10	133	46:50	122.31	17:37:53	8:38	29	5:34:28	131	7:50:58
VP21 - Ruderclub	4.78	1:05:16	13:39	37	27:20	151	41:55	127.09	18:43:09	8:50	31	6:01:33	133	8:32:53
VP22 - Frohnau (4.03	40:38	10:04	18	12:17	99	19:06	131.12	19:23:47	8:52	29	6:09:05	131	8:51:59
VP23 - Naturschu	6.78	1:14:10	10:56	25	23:11	115	40:24	137.90	20:37:57	8:58	29	6:32:16	128	9:32:23
VP24 - Oranienbu	4.75	50:48	10:41	24	13:59	101	24:56	142.65	21:28:45	9:02	30	6:39:19	130	9:56:45
VP25 - Lübars	5.69	1:07:04	11:47	31	24:48	144	37:44	148.34	22:35:49	9:08	30	7:01:36	128	10:34:29
VP26 - S-Bahnh	5.71	1:11:51	12:34	35	34:24	161	42:10	154.05	23:47:40	9:16	30	7:33:57	129	11:16:39
VP27 - Wollankst	3.09	28:50	9:19	34	13:51	156	16:29	157.14	24:16:30	9:16	31	7:45:12	132	11:31:44
Friedrich-Ludwig	3.76	41:34	11:03	26	16:14	112	20:57	160.90	24:58:04	9:18	31	7:58:23	131	11:51:12