



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Gladasch, Gerd

Club: Lg Mauerweg Berlin / memler.de

Number: 259

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 25:33:56

Speed: 6.26 km/h

Running performance: 9:32 min/km

Rank in course/Total: 157 (of 246)

Rank in course/Men: 140 (of 211)

Best time in course: 13:06:52

Rank in category: 32(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 - Mahnmahl P	9.02	1:11:49	7:57	39	30:46	181	30:53	9.02	1:11:49	7:57	39	30:46	181	30:53
VP2 - Schlesiische	5.98	43:29	7:16	34	17:21	167	17:23	15.00	1:55:18	7:41	38	48:07	179	48:16
VP3 - Sonnenalle	6.00	48:38	8:06	42	20:17	186	23:00	21.00	2:43:56	7:48	39	1:08:24	183	1:11:16
VP4 - Stubenrauc	5.73	43:18	7:33	39	14:56	180	18:03	26.73	3:27:14	7:45	40	1:23:20	183	1:29:19
VP5 - U-Bahnhof	4.30	36:22	8:27	35	13:16	170	15:15	31.03	4:03:36	7:51	38	1:36:36	180	1:43:28
VP6 - Buckower I	5.40	44:10	8:10	38	14:38	175	18:47	36.43	4:47:46	7:53	39	1:51:14	179	2:02:14
VP7 - Kirchhainer	5.54	44:18	7:59	32	13:46	148	18:07	41.97	5:32:04	7:54	38	2:03:10	178	2:19:44
VP8 - Lichtenradi	4.42	34:11	7:44	29	10:16	138	13:58	46.39	6:06:15	7:53	38	2:10:03	176	2:33:42
VP9 - Osdorfer St	5.77	45:26	7:52	31	14:27	135	19:14	52.16	6:51:41	7:53	38	2:19:12	175	2:52:18
VP10 - Sportplatz	6.41	56:25	8:48	22	21:35	112	27:37	58.57	7:48:06	7:59	35	2:34:03	171	3:18:21
VP11 - Königswe	6.18	50:18	8:08	27	14:10	120	21:25	64.75	8:38:24	8:00	33	2:40:22	161	3:38:55
VP12 - Gedenkst	6.18	54:02	8:44	20	16:27	99	22:35	70.93	9:32:26	8:04	32	2:53:56	151	4:00:49
VP13 - Brauhaus	6.84	57:12	8:21	23	15:32	107	33:35	77.77	10:29:38	8:05	31	3:06:51	143	4:25:38
VP14 - Revierförs	6.06	48:58	8:04	14	11:37	79	19:34	83.83	11:18:36	8:05	29	3:18:28	139	4:45:12
VP15 - Schloß Sa	6.20	1:16:54	12:24	38	38:09	159	47:07	90.03	12:35:30	8:23	33	3:56:37	145	5:32:19
VP16 - Pagel & Fi	7.63	1:08:13	8:56	22	21:19	108	31:49	97.66	13:43:43	8:26	32	4:17:19	141	6:03:41
VP17 - Wilhelmst	4.84	48:00	9:55	34	16:55	150	22:53	102.50	14:31:43	8:30	32	4:34:14	141	6:26:34
VP18 - Falkensee	6.58	1:02:41	9:31	29	22:47	122	29:13	109.08	15:34:24	8:33	32	4:57:01	140	6:55:04
VP19 - Schönwal	5.70	1:02:54	11:02	33	26:08	142	34:05	114.78	16:37:18	8:41	32	5:23:09	141	7:29:09
VP20 - Grenzturn	7.53	1:17:26	10:16	21	28:10	114	42:50	122.31	17:54:44	8:47	33	5:51:19	140	8:07:49
VP21 - Ruderclub	4.78	58:53	12:19	24	20:57	115	35:32	127.09	18:53:37	8:55	32	6:12:01	142	8:43:21
VP22 - Frohnau (4.03	43:04	10:41	24	14:43	122	21:32	131.12	19:36:41	8:58	32	6:21:59	138	9:04:53
VP23 - Naturschu	6.78	1:14:36	11:00	26	23:37	116	40:50	137.90	20:51:17	9:04	32	6:45:36	139	9:45:43
VP24 - Oranienbu	4.75	45:06	9:29	10	8:17	57	19:14	142.65	21:36:23	9:05	32	6:46:57	134	10:04:23
VP25 - Lübars	5.69	1:09:32	12:13	35	27:16	153	40:12	148.34	22:45:55	9:12	32	7:11:42	134	10:44:35
VP26 - S-Bahnhö	5.71	1:20:48	14:09	42	43:21	178	51:07	154.05	24:06:43	9:23	32	7:53:00	138	11:35:42
VP27 - Wollankst	3.09	26:45	8:39	28	11:46	121	14:24	157.14	24:33:28	9:22	32	8:02:10	137	11:48:42
Friedrich-Ludwig	3.76	1:00:28	16:04	40	35:08	177	39:51	160.90	25:33:56	9:32	32	8:34:15	140	12:27:04