



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

von Uleniecki, Alexander

Club: LG Mauerweg Berlin e.V.

Number: 55

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 26:18:24

Speed: 6.08 km/h

Running performance: 9:49 min/km

Rank in course/Total: 166 (of 246)

Rank in course/Men: 147 (of 211)

Best time in course: 13:06:52

Rank in category: 30(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	1:09:13	7:40	33	26:52	169	28:17	9.02	1:09:13	7:40	33	26:52	169	28:17
VP2 - Schlesische	5.98	45:38	7:37	36	18:10	180	19:32	15.00	1:54:51	7:39	33	45:02	175	47:49
VP3 - Sonnenalle	6.00	42:54	7:08	32	14:41	162	17:16	21.00	2:37:45	7:30	34	59:43	173	1:05:05
VP4 - Stubenrauc	5.73	41:36	7:15	35	14:57	166	16:21	26.73	3:19:21	7:27	34	1:14:40	173	1:21:26
VP5 - U-Bahnhof	4.30	35:14	8:11	35	13:31	152	14:07	31.03	3:54:35	7:33	34	1:28:11	171	1:34:27
VP6 - Buckower I	5.40	42:58	7:57	36	15:14	168	17:35	36.43	4:37:33	7:37	34	1:43:25	169	1:52:01
VP7 - Kirchhainer	5.54	43:10	7:47	29	13:19	141	16:59	41.97	5:20:43	7:38	34	1:56:44	166	2:08:23
VP8 - Lichtenradi	4.42	37:04	8:23	34	13:11	167	16:51	46.39	5:57:47	7:42	34	2:09:42	168	2:25:14
VP9 - Osdorfer St	5.77	43:32	7:32	27	12:33	115	17:20	52.16	6:41:19	7:41	33	2:17:56	164	2:41:56
VP10 - Sportplatz	6.41	59:33	9:17	31	25:37	140	30:45	58.57	7:40:52	7:52	33	2:43:33	157	3:11:07
VP11 - Königsw	6.18	57:16	9:15	33	22:43	160	28:23	64.75	8:38:08	8:00	32	2:59:09	160	3:38:39
VP12 - Gedenkst	6.18	1:03:17	10:14	32	25:18	162	31:50	70.93	9:41:25	8:11	32	3:24:27	163	4:09:48
VP13 - Brauhaus	6.84	1:08:14	9:58	32	42:17	158	44:37	77.77	10:49:39	8:21	32	3:50:00	159	4:45:39
VP14 - Revierförs	6.06	48:37	8:01	17	11:12	73	19:13	83.83	11:38:16	8:19	30	3:59:19	153	5:04:52
VP15 - Schloß Sa	6.20	1:07:39	10:54	25	28:58	114	37:52	90.03	12:45:55	8:30	31	4:25:25	151	5:42:44
VP16 - Pagel & Fi	7.63	1:12:42	9:31	30	25:36	135	36:18	97.66	13:58:37	8:35	31	4:51:01	149	6:18:35
VP17 - Wilhelmst	4.84	45:09	9:19	29	14:07	125	20:02	102.50	14:43:46	8:37	31	5:03:32	151	6:38:37
VP18 - Falkensee	6.58	1:02:49	9:32	29	29:21	124	29:21	109.08	15:46:35	8:40	31	5:25:24	150	7:07:15
VP19 - Schönwal	5.70	58:05	10:11	23	21:27	115	29:16	114.78	16:44:40	8:45	29	5:44:38	147	7:36:31
VP20 - Grenzturn	7.53	1:19:23	10:32	28	44:47	126	44:47	122.31	18:04:03	8:51	30	6:13:33	145	8:17:08
VP21 - Ruderclub	4.78	1:00:03	12:33	20	27:08	121	36:42	127.09	19:04:06	9:00	30	6:40:41	149	8:53:50
VP22 - Frohnau (4.03	56:00	13:53	33	29:29	176	34:28	131.12	20:00:06	9:09	30	7:10:10	150	9:28:18
VP23 - Naturschu	6.78	1:25:54	12:40	30	41:48	154	52:08	137.90	21:26:00	9:19	30	7:51:58	147	10:20:26
VP24 - Oranienbu	4.75	1:06:53	14:04	33	33:38	173	41:01	142.65	22:32:53	9:29	30	8:24:54	150	11:00:53
VP25 - Lübars	5.69	1:09:57	12:17	29	32:16	156	40:37	148.34	23:42:50	9:35	30	8:57:10	150	11:41:30
VP26 - S-Bahnh	5.71	1:19:00	13:50	33	39:26	177	49:19	154.05	25:01:50	9:44	30	9:33:52	147	12:30:49
VP27 - Wollankst	3.09	27:56	9:02	32	11:10	146	15:35	157.14	25:29:46	9:44	30	9:42:54	147	12:45:00
Friedrich-Ludwig	3.76	48:38	12:56	31	23:40	155	28:01	160.90	26:18:24	9:48	30	9:59:48	148	13:11:32