



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Metzler, Alexander

Club: Coolrunners-Germany

Number: 79

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M30 (30-34 Jahre)

Total time: 26:32:50

Speed: 6.03 km/h

Running performance: 9:54 min/km

Rank in course/Total: 171 (of 246)

Rank in course/Men: 151 (of 211)

Best time in course: 13:06:52

Rank in category: 9(of 16)

Best time in the category: 13:06:52

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	1:10:19	7:47	11	29:23	172	29:23	9.02	1:10:19	7:47	11	29:23	172	29:23
VP2 - Schlesische	5.98	44:52	7:30	12	18:46	175	18:46	15.00	1:55:11	7:40	12	48:09	177	48:09
VP3 - Sonnenalle	6.00	45:01	7:30	11	19:23	179	19:23	21.00	2:40:12	7:37	11	1:07:32	179	1:07:32
VP4 - Stubenrauc	5.73	42:21	7:23	9	17:06	173	17:06	26.73	3:22:33	7:34	11	1:24:38	176	1:24:38
VP5 - U-Bahnhof	4.30	36:03	8:23	10	14:16	164	14:56	31.03	3:58:36	7:41	11	1:38:28	176	1:38:28
VP6 - Buckower I	5.40	42:12	7:48	10	16:48	163	16:49	36.43	4:40:48	7:42	11	1:55:16	173	1:55:16
VP7 - Kirchhainer	5.54	45:18	8:10	10	19:07	156	19:07	41.97	5:26:06	7:46	11	2:13:46	173	2:13:46
VP8 - Lichtenradi	4.42	34:35	7:49	10	14:22	143	14:22	46.39	6:00:41	7:46	10	2:28:08	171	2:28:08
VP9 - Osdorfer St	5.77	46:34	8:04	10	20:22	152	20:22	52.16	6:47:15	7:48	10	2:47:52	170	2:47:52
VP10 - Sportplatz	6.41	47:35	7:25	6	18:47	63	18:47	58.57	7:34:50	7:45	9	3:05:05	144	3:05:05
VP11 - Königsweg	6.18	48:04	7:46	6	19:11	96	19:11	64.75	8:22:54	7:46	9	3:23:25	135	3:23:25
VP12 - Gedenkst	6.18	54:37	8:50	8	23:10	104	23:10	70.93	9:17:31	7:51	9	3:45:54	134	3:45:54
VP13 - Brauhaus	6.84	55:18	8:05	9	23:16	98	31:41	77.77	10:12:49	7:52	9	4:08:49	129	4:08:49
VP14 - Revierförs	6.06	48:34	8:00	6	19:10	70	19:10	83.83	11:01:23	7:53	9	4:27:59	126	4:27:59
VP15 - Schloß Sa	6.20	1:06:11	10:40	9	36:24	106	36:24	90.03	12:07:34	8:04	9	5:04:23	126	5:04:23
VP16 - Pagel & Fi	7.63	1:06:17	8:41	9	29:53	94	29:53	97.66	13:13:51	8:07	9	5:33:49	128	5:33:49
VP17 - Wilhelmst	4.84	42:12	8:43	9	17:05	95	17:05	102.50	13:56:03	8:09	9	5:50:54	125	5:50:54
VP18 - Falkensee	6.58	1:15:00	11:23	9	40:49	168	41:32	109.08	15:11:03	8:21	9	6:31:43	128	6:31:43
VP19 - Schönwal	5.70	1:14:34	13:04	10	45:45	174	45:45	114.78	16:25:37	8:35	9	7:17:28	134	7:17:28
VP20 - Grenzturn	7.53	1:35:37	12:41	11	56:51	172	1:01:01	122.31	18:01:14	8:50	9	8:14:19	142	8:14:19
VP21 - Ruderclub	4.78	1:02:09	13:00	10	38:48	136	38:48	127.09	19:03:23	8:59	9	8:53:07	148	8:53:07
VP22 - Frohnau (4.03	1:02:51	15:35	12	41:19	184	41:19	131.12	20:06:14	9:11	9	9:34:26	152	9:34:26
VP23 - Naturschu	6.78	1:21:18	11:59	10	47:32	140	47:32	137.90	21:27:32	9:20	9	10:21:58	148	10:21:58
VP24 - Oranienbu	4.75	1:01:58	13:02	11	36:06	153	36:06	142.65	22:29:30	9:27	9	10:57:30	149	10:57:30
VP25 - Lübars	5.69	1:10:18	12:21	12	40:58	157	40:58	148.34	23:39:48	9:34	9	11:38:28	149	11:38:28
VP26 - S-Bahnhö	5.71	1:22:08	14:23	12	52:27	181	52:27	154.05	25:01:56	9:44	9	12:30:55	148	12:30:55
VP27 - Wollankst	3.09	33:09	10:43	12	20:35	178	20:48	157.14	25:35:05	9:46	9	12:50:19	148	12:50:19
Friedrich-Ludwig	3.76	57:45	15:21	12	35:39	175	37:08	160.90	26:32:50	9:53	9	13:25:58	152	13:25:58