



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Kupferschmidt, John

Club: LG Mauerweg Berlin E.v.

Number: 10

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 27:42:14

Speed: 5.78 km/h

Running performance: 10:20 min/km

Rank in course/Total: 187 (of 246)

Rank in course/Men: 163 (of 211)

Best time in course: 13:06:52

Rank in category: 21(of 25)

Best time in the category: 17:16:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Mahnmal P	9.02	1:02:58	6:58	16	16:39	125	22:02	9.02	1:02:58	6:58	16	16:39	125	22:02
VP2 - Schlesische	5.98	38:06	6:22	13	7:30	101	12:00	15.00	1:41:04	6:44	13	24:09	112	34:02
VP3 - Sonnenalle	6.00	41:18	6:52	16	10:22	137	15:40	21.00	2:22:22	6:46	13	34:31	115	49:42
VP4 - Stubenrauc	5.73	41:43	7:16	22	12:50	167	16:28	26.73	3:04:05	6:53	16	47:21	129	1:06:10
VP5 - U-Bahnhof	4.30	36:38	8:31	23	12:02	174	15:31	31.03	3:40:43	7:06	18	59:23	140	1:20:35
VP6 - Buckower I	5.40	43:38	8:04	22	14:40	171	18:15	36.43	4:24:21	7:15	19	1:14:03	149	1:38:49
VP7 - Kirchhainer	5.54	47:52	8:38	21	17:23	176	21:41	41.97	5:12:13	7:26	20	1:31:26	155	1:59:53
VP8 - Lichtenradi	4.42	36:02	8:09	19	12:21	154	15:49	46.39	5:48:15	7:30	20	1:43:47	152	2:15:42
VP9 - Osdorfer St	5.77	48:52	8:28	21	17:26	170	22:40	52.16	6:37:07	7:36	21	2:01:13	155	2:37:44
VP10 - Sportplatz	6.41	1:08:06	10:37	21	31:13	176	39:18	58.57	7:45:13	7:56	21	2:32:26	165	3:15:28
VP11 - Königsweg	6.18	51:50	8:23	18	15:51	132	22:57	64.75	8:37:03	7:59	21	2:48:17	158	3:37:34
VP12 - Gedenkst	6.18	59:10	9:34	18	19:20	143	27:43	70.93	9:36:13	8:07	21	3:07:37	158	4:04:36
VP13 - Brauhaus	6.84	1:06:35	9:44	18	25:11	153	42:58	77.77	10:42:48	8:15	20	3:32:48	155	4:38:48
VP14 - Revierförs	6.06	59:27	9:48	22	23:30	164	30:03	83.83	11:42:15	8:22	21	3:56:18	161	5:08:51
VP15 - Schloß Sa	6.20	1:13:59	11:55	19	34:31	144	44:12	90.03	12:56:14	8:37	19	4:30:49	159	5:53:03
VP16 - Pagel & Fi	7.63	1:19:00	10:21	19	29:29	160	42:36	97.66	14:15:14	8:45	20	5:00:18	161	6:35:12
VP17 - Wilhelmst	4.84	1:36:21	19:54	23	1:07:24	187	1:11:14	102.50	15:51:35	9:17	23	6:04:19	175	7:46:26
VP18 - Falkensee	6.58	1:00:53	9:15	10	18:52	109	27:25	109.08	16:52:28	9:16	22	6:22:00	171	8:13:08
VP19 - Schönwal	5.70	1:05:58	11:34	18	27:13	154	37:09	114.78	17:58:26	9:23	22	6:45:28	168	8:50:17
VP20 - Grenzturn	7.53	1:41:43	13:30	22	52:37	180	1:07:07	122.31	19:40:09	9:38	22	7:38:05	170	9:53:14
VP21 - Ruderclub	4.78	1:16:49	16:04	21	44:12	170	53:28	127.09	20:56:58	9:53	21	8:21:27	170	10:46:42
VP22 - Frohnau (4.03	55:30	13:46	20	28:21	174	33:58	131.12	21:52:28	10:00	21	8:47:09	170	11:20:40
VP23 - Naturschu	6.78	1:30:06	13:17	21	43:21	165	56:20	137.90	23:22:34	10:10	21	9:30:10	168	12:17:00
VP24 - Oranienbu	4.75	49:59	10:31	8	16:45	90	24:07	142.65	24:12:33	10:10	21	9:42:34	166	12:40:33
VP25 - Lübars	5.69	1:08:42	12:04	17	28:39	149	39:22	148.34	25:21:15	10:15	21	10:05:10	166	13:19:55
VP26 - S-Bahnhö	5.71	1:06:50	11:42	18	25:39	140	37:09	154.05	26:28:05	10:18	21	10:23:47	165	13:57:04
VP27 - Wollankst	3.09	27:14	8:48	13	9:24	131	14:53	157.14	26:55:19	10:16	21	10:24:00	165	14:10:33
Friedrich-Ludwig	3.76	46:55	12:28	16	17:23	148	26:18	160.90	27:42:14	10:19	21	10:25:41	165	14:35:22