



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

**Tehrani, Ash**

Club: London

Number: 90

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M30 (30-34 Jahre)

Total time: 18:47:50

Speed: 8.51 km/h

Running performance: 7:01 min/km

Rank in course/Total: 27 (of 246)

Rank in course/Men: 26 (of 211)

Best time in course: 13:06:52

Rank in category: 5(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	57:40	6:23	5	16:44	50	16:44	9.02	57:40	6:23	5	16:44	50	16:44
VP2 - Schlesische	5.98	34:00	5:41	4	7:54	44	7:54	15.00	1:31:40	6:06	5	24:38	48	24:38
VP3 - Sonnenalle	6.00	34:48	5:47	4	9:10	44	9:10	21.00	2:06:28	6:01	5	33:48	47	33:48
VP4 - Stubenrauc	5.73	35:25	6:10	5	10:10	74	10:10	26.73	2:41:53	6:03	5	43:58	50	43:58
VP5 - U-Bahnhof	4.30	28:47	6:41	5	7:00	53	7:40	31.03	3:10:40	6:08	5	50:32	51	50:32
VP6 - Buckower I	5.40	31:35	5:50	4	6:11	18	6:12	36.43	3:42:15	6:06	5	56:43	46	56:43
VP7 - Kirchhainer	5.54	29:44	5:22	4	3:33	5	3:33	41.97	4:11:59	6:00	5	59:39	35	59:39
VP8 - Lichtenradi	4.42	25:05	5:40	4	4:52	19	4:52	46.39	4:37:04	5:58	5	1:04:31	32	1:04:31
VP9 - Osdorfer St	5.77	34:28	5:58	4	8:16	25	8:16	52.16	5:11:32	5:58	5	1:12:09	31	1:12:09
VP10 - Sportplatz	6.41	50:40	7:54	7	21:52	81	21:52	58.57	6:02:12	6:11	5	1:32:27	36	1:32:27
VP11 - Königsweg	6.18	37:31	6:04	4	8:38	16	8:38	64.75	6:39:43	6:10	5	1:40:14	35	1:40:14
VP12 - Gedenkst	6.18	38:52	6:17	3	7:25	9	7:25	70.93	7:18:35	6:10	5	1:46:58	29	1:46:58
VP13 - Brauhaus	6.84	43:59	6:25	5	11:57	20	20:22	77.77	8:02:34	6:12	5	1:58:34	26	1:58:34
VP14 - Revierförs	6.06	38:21	6:19	4	8:57	13	8:57	83.83	8:40:55	6:12	5	2:07:31	24	2:07:31
VP15 - Schloß Sa	6.20	50:39	8:10	5	20:52	38	20:52	90.03	9:31:34	6:20	5	2:28:23	27	2:28:23
VP16 - Pagel & Fi	7.63	46:02	6:01	3	9:38	6	9:38	97.66	10:17:36	6:19	5	2:37:34	21	2:37:34
VP17 - Wilhelmst	4.84	30:01	6:12	4	4:54	8	4:54	102.50	10:47:37	6:19	5	2:42:28	21	2:42:28
VP18 - Falkensee	6.58	40:41	6:10	3	6:30	9	7:13	109.08	11:28:18	6:18	5	2:48:58	21	2:48:58
VP19 - Schönwal	5.70	41:29	7:16	4	12:40	26	12:40	114.78	12:09:47	6:21	5	3:01:38	22	3:01:38
VP20 - Grenzturn	7.53	1:06:49	8:52	6	28:03	62	32:13	122.31	13:16:36	6:30	5	3:29:41	23	3:29:41
VP21 - Ruderclub	4.78	56:54	11:54	7	33:33	102	33:33	127.09	14:13:30	6:42	5	4:03:14	26	4:03:14
VP22 - Frohnau (	4.03	33:03	8:12	5	11:31	27	11:31	131.12	14:46:33	6:45	5	4:14:45	26	4:14:45
VP23 - Naturschu	6.78	46:41	6:53	5	12:55	13	12:55	137.90	15:33:14	6:46	5	4:27:40	24	4:27:40
VP24 - Oranienbu	4.75	36:38	7:42	5	10:46	20	10:46	142.65	16:09:52	6:47	5	4:37:52	24	4:37:52
VP25 - Lübars	5.69	51:09	8:59	6	21:49	56	21:49	148.34	17:01:01	6:52	5	4:59:41	24	4:59:41
VP26 - S-Bahnhö	5.71	54:19	9:30	9	24:38	76	24:38	154.05	17:55:20	6:58	5	5:24:19	26	5:24:19
VP27 - Wollankst	3.09	20:21	6:35	7	7:47	49	8:00	157.14	18:15:41	6:58	5	5:30:55	26	5:30:55
Friedrich-Ludwig	3.76	32:09	8:33	7	10:03	40	11:32	160.90	18:47:50	7:00	5	5:40:58	26	5:40:58