



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Grond, Josef

Club: Marathon Steinfurt

Number: 131

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M60 (60-64 Jahre)

Total time: 20:45:54

Speed: 7.75 km/h

Running performance: 7:44 min/km

Rank in course/Total: 47 (of 246)

Rank in course/Men: 45 (of 211)

Best time in course: 13:06:52

Rank in category: 2(of 18)

Best time in the category: 17:18:55

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	56:05	6:13	2	9:46	42	15:09	9.02	56:05	6:13	2	9:46	42	15:09
VP2 - Schlesi	5.98	34:16	5:43	1	-	48	8:10	15.00	1:30:21	6:01	1	-	43	23:19
VP3 - Sonnenalle	6.00	37:29	6:14	3	2:14	82	11:51	21.00	2:07:50	6:05	2	0:28	53	35:10
VP4 - Stubenrauc	5.73	33:31	5:50	2	0:46	50	8:16	26.73	2:41:21	6:02	2	1:14	49	43:26
VP5 - U-Bahnhof	4.30	27:39	6:25	2	0:14	36	6:32	31.03	3:09:00	6:05	2	1:28	48	48:52
VP6 - Buckower I	5.40	33:24	6:11	1	-	33	8:01	36.43	3:42:24	6:06	2	0:53	47	56:52
VP7 - Kirchhainer	5.54	35:47	6:27	2	2:04	48	9:36	41.97	4:18:11	6:09	2	2:57	47	1:05:51
VP8 - Lichtenrad	4.42	29:44	6:43	2	3:22	64	9:31	46.39	4:47:55	6:12	2	6:19	50	1:15:22
VP9 - Osdorfer Si	5.77	39:27	6:50	3	4:50	63	13:15	52.16	5:27:22	6:16	2	11:09	52	1:27:59
VP10 - Sportplatz	6.41	46:15	7:12	2	6:13	51	17:27	58.57	6:13:37	6:22	2	17:22	54	1:43:52
VP11 - Königswe	6.18	44:47	7:14	4	6:20	64	15:54	64.75	6:58:24	6:27	2	23:42	50	1:58:55
VP12 - Gedenkst	6.18	1:12:49	11:46	14	24:29	181	41:22	70.93	8:11:13	6:55	2	48:11	66	2:39:36
VP13 - Brauhaus	6.84	23:37	3:27	1	-	1	-	77.77	8:34:50	6:37	2	26:58	48	2:30:50
VP14 - Revierförs	6.06	43:24	7:09	2	4:10	35	14:00	83.83	9:18:14	6:39	2	31:08	45	2:44:50
VP15 - Schloß Sa	6.20	45:31	7:20	2	7:34	23	15:44	90.03	10:03:45	6:42	2	38:42	39	3:00:34
VP16 - Pagel & Fi	7.63	55:30	7:16	3	12:16	33	19:06	97.66	10:59:15	6:45	2	41:19	38	3:19:13
VP17 - Wilhelmst	4.84	38:19	7:55	4	7:52	60	13:12	102.50	11:37:34	6:48	2	49:11	38	3:32:25
VP18 - Falkensee	6.58	48:38	7:23	2	5:40	37	15:10	109.08	12:26:12	6:50	2	54:51	38	3:46:52
VP19 - Schönwal	5.70	46:08	8:05	2	9:36	43	17:19	114.78	13:12:20	6:54	2	1:04:27	37	4:04:11
VP20 - Grenzturn	7.53	1:01:27	8:09	2	7:14	47	26:51	122.31	14:13:47	6:58	2	1:11:41	37	4:26:52
VP21 - Ruderclub	4.78	40:24	8:27	2	8:54	24	17:03	127.09	14:54:11	7:02	2	1:20:35	36	4:43:55
VP22 - Frohnau (	4.03	37:09	9:13	4	12:20	56	15:37	131.12	15:31:20	7:06	2	1:32:55	36	4:59:32
VP23 - Naturschu	6.78	1:12:24	10:40	8	28:22	108	38:38	137.90	16:43:44	7:16	2	2:01:17	37	5:38:10
VP24 - Oranienbu	4.75	51:24	10:49	5	19:03	109	25:32	142.65	17:35:08	7:23	2	2:20:20	41	6:03:08
VP25 - Lübars	5.69	1:01:04	10:43	7	23:14	114	31:44	148.34	18:36:12	7:31	2	2:43:34	42	6:34:52
VP26 - S-Bahnhö	5.71	59:49	10:28	7	21:14	107	30:08	154.05	19:36:01	7:38	2	3:04:48	43	7:05:00
VP27 - Wollankst	3.09	26:54	8:42	8	10:49	125	14:33	157.14	20:02:55	7:39	2	3:15:37	42	7:18:09
Friedrich-Ludwig	3.76	42:59	11:25	6	13:13	120	22:22	160.90	20:45:54	7:44	2	3:26:59	45	7:39:02