



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

## Detailed evaluation

**Kalinik, Tomasz**

Club: No

Number: 267

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 21:18:35

Speed: 7.56 km/h

Running performance: 7:54 min/km

Rank in course/Total: 40 (of 296)

Rank in course/Men: 37 (of 247)

Best time in course: 13:40:11

Rank in category: 10(of 53)

Best time in the category: 15:34:05

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 - S-Bahnhof	6.93	41:14	5:56	14	8:58	67	8:58	6.93	41:14	5:56	14	8:58	67	8:58
VP2 - Laufftreff Li	5.70	33:05	5:48	15	7:09	57	7:09	12.63	1:14:19	5:53	15	16:06	61	16:07
VP3 - Oranienbur	5.47	32:01	5:51	15	8:15	63	8:15	18.10	1:46:20	5:52	14	24:21	60	24:21
VP4 - Naturschut	4.97	33:28	6:44	21	10:19	79	10:19	23.07	2:19:48	6:03	14	34:40	66	34:40
VP5 - Frohnau	6.80	39:37	5:49	8	9:11	34	9:19	29.87	2:59:25	6:00	13	43:51	55	43:53
VP6 - Ruderclub	4.06	26:11	6:26	12	7:41	40	7:42	33.93	3:25:36	6:03	12	51:32	48	51:35
VP7 - Grenzturm	4.75	27:42	5:49	6	5:24	22	6:54	38.68	3:53:18	6:01	11	56:56	48	58:29
VP8 - Schönwald	7.53	47:11	6:15	7	9:26	30	11:35	46.21	4:40:29	6:04	11	1:06:22	42	1:10:04
VP9 - Falkenseer	5.69	36:36	6:25	8	6:04	28	9:28	51.90	5:17:05	6:06	10	1:12:26	39	1:19:32
VP10 - Karolinenl	6.60	47:56	7:15	16	12:54	54	17:47	58.50	6:05:01	6:14	10	1:22:29	38	1:37:19
VP11 - Pagel & Fi	4.90	33:44	6:53	5	7:02	28	10:59	63.40	6:38:45	6:17	9	1:29:22	36	1:48:18
VP12 - Schloss S	7.62	55:52	7:19	8	12:26	28	20:05	71.02	7:34:37	6:24	9	1:41:39	32	2:08:23
VP13 - Revierförs	6.21	43:55	7:04	6	8:41	20	14:15	77.23	8:18:32	6:27	8	1:48:51	28	2:22:38
VP14 - Brauhaus	6.00	46:31	7:45	12	12:19	40	16:59	83.23	9:05:03	6:32	9	1:57:27	29	2:39:37
VP15 - Gedenkst.	6.90	49:41	7:12	10	13:33	28	14:58	90.13	9:54:44	6:35	9	2:01:08	30	2:54:35
VP16 - Königswe	6.87	55:04	8:00	14	10:15	39	21:20	97.00	10:49:48	6:41	9	2:07:55	29	3:15:55
VP17 - Sportplatz	6.20	48:06	7:45	7	13:30	21	16:29	103.20	11:37:54	6:45	8	2:18:54	25	3:32:24
VP18 - Osdorfer	6.49	48:41	7:30	6	5:25	26	14:44	109.69	12:26:35	6:48	9	2:24:19	26	3:47:08
VP19 - Lichtenra	5.71	42:10	7:23	9	7:07	26	12:51	115.40	13:08:45	6:50	9	2:27:09	26	3:59:59
VP20 - Kirchhain	4.35	33:40	7:44	7	4:00	25	9:22	119.75	13:42:25	6:52	9	2:31:09	26	4:09:21
VP21 - Buckow	6.15	48:32	7:53	9	10:10	26	13:32	125.90	14:30:57	6:55	8	2:37:55	25	4:22:53
VP22 - Rudow	4.97	50:36	10:10	17	20:17	72	29:13	130.87	15:21:33	7:02	9	2:46:46	26	4:44:50
VP23 - Johannistl	5.89	54:44	9:17	14	17:53	55	21:03	136.76	16:16:17	7:08	9	3:03:12	26	5:05:53
VP24 - Dammwe	5.64	55:00	9:45	16	23:19	62	23:19	142.40	17:11:17	7:14	9	3:26:31	25	5:28:51
VP25 - Eas Side	6.33	1:17:07	12:10	30	39:47	130	39:47	148.73	18:28:24	7:27	9	4:06:18	28	6:05:54
VP26 - Checkpoir	4.22	49:50	11:48	33	26:57	143	26:57	152.95	19:18:14	7:34	9	4:33:15	28	6:31:40
VP27 - Gedenkst.	4.12	57:48	14:01	36	33:05	153	33:05	157.07	20:16:02	7:44	9	5:06:20	33	7:03:04
Friedrich-Ludwig	4.78	1:02:33	13:05	40	38:10	170	38:10	161.85	21:18:35	7:53	10	5:44:30	37	7:38:24