



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Salomo, Normann

Total time: 21:39:18

Club: Hardtseemafia Triathlon e.V. Team Erdinger
Number: 165

Speed: 7.43 km/h
Running performance: 8:02 min/km

Course: 161.85 km
100MeilenBerlin

Rank in course/Total: 44 (of 296)
Rank in course/Men: 40 (of 247)
Best time in course: 13:40:11

Category:
Senioren M45 (45-49 Jahre)

Rank in category: 11(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	45:16	6:31	32	13:00	130	13:00	6.93	45:16	6:31	32	13:00	130	13:00
VP2 - Laufftreff Li	5.70	37:07	6:30	30	11:11	119	11:11	12.63	1:22:23	6:31	30	24:10	123	24:11
VP3 - Oranienbur	5.47	35:09	6:25	24	11:23	105	11:23	18.10	1:57:32	6:29	28	35:33	115	35:33
VP4 - Naturschut	4.97	34:45	6:59	24	11:36	91	11:36	23.07	2:32:17	6:36	26	47:09	106	47:09
VP5 - Frohnau	6.80	45:31	6:41	26	15:05	107	15:13	29.87	3:17:48	6:37	25	1:02:14	105	1:02:16
VP6 - Ruderclub	4.06	26:13	6:27	13	7:43	41	7:44	33.93	3:44:01	6:36	23	1:09:57	96	1:10:00
VP7 - Grenzturm	4.75	31:03	6:32	18	8:45	68	10:15	38.68	4:15:04	6:35	22	1:18:42	93	1:20:15
VP8 - Schönwald	7.53	52:12	6:55	17	14:27	65	16:36	46.21	5:07:16	6:38	21	1:33:09	83	1:36:51
VP9 - Falkenseer	5.69	41:31	7:17	17	10:59	66	14:23	51.90	5:48:47	6:43	20	1:44:08	77	1:51:14
VP10 - Karolinenl	6.60	46:26	7:02	13	11:24	44	16:17	58.50	6:35:13	6:45	19	1:52:41	71	2:07:31
VP11 - Pagel & Fi	4.90	37:44	7:42	16	11:02	57	14:59	63.40	7:12:57	6:49	19	2:03:34	66	2:22:30
VP12 - Schloss S	7.62	1:04:04	8:24	16	20:38	61	28:17	71.02	8:17:01	6:59	16	2:24:03	61	2:50:47
VP13 - Revierförs	6.21	51:52	8:21	23	16:38	88	22:12	77.23	9:08:53	7:06	16	2:39:12	61	3:12:59
VP14 - Brauhaus	6.00	44:19	7:23	9	10:07	27	14:47	83.23	9:53:12	7:07	16	2:45:36	58	3:27:46
VP15 - Gedenkst.	6.90	1:00:18	8:44	25	24:10	97	25:35	90.13	10:53:30	7:15	17	2:59:54	61	3:53:21
VP16 - Königswe	6.87	1:01:58	9:01	22	17:09	82	28:14	97.00	11:55:28	7:22	17	3:13:35	60	4:21:35
VP17 - Sportplatz	6.20	59:40	9:37	18	25:04	64	28:03	103.20	12:55:08	7:30	17	3:36:08	57	4:49:38
VP18 - Osdorfer	6.49	51:29	7:55	10	8:13	41	17:32	109.69	13:46:37	7:32	16	3:44:21	54	5:07:10
VP19 - Lichtenra	5.71	40:26	7:04	6	5:23	20	11:07	115.40	14:27:03	7:30	14	3:45:27	50	5:18:17
VP20 - Kirchhain	4.35	40:32	9:19	14	10:52	50	16:14	119.75	15:07:35	7:34	13	3:56:19	49	5:34:31
VP21 - Buckow	6.15	50:24	8:11	11	12:02	39	15:24	125.90	15:57:59	7:36	13	4:04:57	50	5:49:55
VP22 - Rudow	4.97	47:44	9:36	14	17:25	55	26:21	130.87	16:45:43	7:41	13	4:10:56	48	6:09:00
VP23 - Johannistl	5.89	55:55	9:29	17	19:04	64	22:14	136.76	17:41:38	7:45	13	4:28:33	45	6:31:14
VP24 - Dammwe	5.64	47:36	8:26	8	15:55	28	15:55	142.40	18:29:14	7:47	11	4:44:28	41	6:46:48
VP25 - Eas Side	6.33	53:02	8:22	7	15:42	18	15:42	148.73	19:22:16	7:48	11	5:00:10	39	6:59:46
VP26 - Checkpoir	4.22	44:31	10:32	26	21:38	105	21:38	152.95	20:06:47	7:53	11	5:21:48	39	7:20:13
VP27 - Gedenkst.	4.12	47:37	11:33	23	22:54	97	22:54	157.07	20:54:24	7:59	11	5:44:42	41	7:41:26
Friedrich-Ludwig	4.78	44:54	9:23	20	20:31	85	20:31	161.85	21:39:18	8:01	11	6:05:13	40	7:59:07