



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

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Club: LG Mauerweg Berlin e.V.

Number: 78

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:05:56

Speed: 7.29 km/h

Running performance: 8:11 min/km

Rank in course/Total: 51 (of 296)

Rank in course/Men: 47 (of 247)

Best time in course: 13:40:11

Rank in category: 14(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	43:53	6:19	24	11:37	101	11:37	6.93	43:53	6:19	24	11:37	101	11:37
VP2 - Laufftreff Li	5.70	36:48	6:27	27	10:52	109	10:52	12.63	1:20:41	6:23	26	22:28	105	22:29
VP3 - Oranienbur	5.47	33:14	6:04	19	9:28	79	9:28	18.10	1:53:55	6:17	22	31:56	97	31:56
VP4 - Naturschut	4.97	29:43	5:58	6	6:34	26	6:34	23.07	2:23:38	6:13	20	38:30	86	38:30
VP5 - Frohnau	6.80	41:41	6:07	18	11:15	65	11:23	29.87	3:05:19	6:12	21	49:45	85	49:47
VP6 - Ruderclub	4.06	30:51	7:35	24	12:21	99	12:22	33.93	3:36:10	6:22	19	1:02:06	78	1:02:09
VP7 - Grenzturm	4.75	28:31	6:00	10	6:13	33	7:43	38.68	4:04:41	6:19	19	1:08:19	73	1:09:52
VP8 - Schönwald	7.53	48:21	6:25	11	10:36	39	12:45	46.21	4:53:02	6:20	16	1:18:55	68	1:22:37
VP9 - Falkenseer	5.69	36:00	6:19	6	5:28	23	8:52	51.90	5:29:02	6:20	14	1:24:23	55	1:31:29
VP10 - Karolinenl	6.60	44:07	6:41	8	9:05	29	13:58	58.50	6:13:09	6:22	12	1:30:37	46	1:45:27
VP11 - Pagel & Fi	4.90	34:35	7:03	8	7:53	34	11:50	63.40	6:47:44	6:25	12	1:38:21	42	1:57:17
VP12 - Schloss S	7.62	56:58	7:28	9	13:32	32	21:11	71.02	7:44:42	6:32	11	1:51:44	42	2:18:28
VP13 - Revierförs	6.21	46:00	7:24	12	10:46	34	16:20	77.23	8:30:42	6:36	12	2:01:01	42	2:34:48
VP14 - Brauhaus	6.00	55:46	9:17	29	21:34	134	26:14	83.23	9:26:28	6:48	13	2:18:52	46	3:01:02
VP15 - Gedenkst.	6.90	54:41	7:55	14	18:33	54	19:58	90.13	10:21:09	6:53	12	2:27:33	46	3:21:00
VP16 - Königswe	6.87	53:20	7:45	10	8:31	29	19:36	97.00	11:14:29	6:57	11	2:32:36	40	3:40:36
VP17 - Sportplatz	6.20	1:03:15	10:12	22	28:39	75	31:38	103.20	12:17:44	7:08	11	2:58:44	42	4:12:14
VP18 - Osdorfer	6.49	59:05	9:06	24	15:49	88	25:08	109.69	13:16:49	7:15	12	3:14:33	43	4:37:22
VP19 - Lichtenra	5.71	50:47	8:53	22	15:44	78	21:28	115.40	14:07:36	7:20	12	3:26:00	44	4:58:50
VP20 - Kirchhain	4.35	44:04	10:07	21	14:24	80	19:46	119.75	14:51:40	7:26	12	3:40:24	45	5:18:36
VP21 - Buckow	6.15	1:19:10	12:52	39	40:48	171	44:10	125.90	16:10:50	7:42	15	4:17:48	54	6:02:46
VP22 - Rudow	4.97	41:31	8:21	4	11:12	19	20:08	130.87	16:52:21	7:44	14	4:17:34	51	6:15:38
VP23 - Johannistl	5.89	52:24	8:53	11	15:33	38	18:43	136.76	17:44:45	7:47	14	4:31:40	48	6:34:21
VP24 - Dammwe	5.64	1:11:29	12:40	36	39:48	153	39:48	142.40	18:56:14	7:58	14	5:11:28	52	7:13:48
VP25 - Eas Side	6.33	1:06:08	10:26	20	28:48	77	28:48	148.73	20:02:22	8:05	15	5:40:16	53	7:39:52
VP26 - Checkpoir	4.22	46:08	10:55	29	23:15	122	23:15	152.95	20:48:30	8:09	15	6:03:31	53	8:01:56
VP27 - Gedenkst.	4.12	47:35	11:32	22	22:52	96	22:52	157.07	21:36:05	8:15	15	6:26:23	54	8:23:07
Friedrich-Ludwig	4.78	29:51	6:14	3	5:28	9	5:28	161.85	22:05:56	8:11	14	6:31:51	47	8:25:45