



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

bonfiglio, marco

Club: T.T. Cesenatico ASD

Number: 2

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 13:40:11

Speed: 11.78 km/h

Running performance: 5:04 min/km

Rank in course/Total: 1 (of 296)

Rank in course/Men: 1 (of 247)

Best time in course: 13:40:11

Rank in category: 1(of 22)

Best time in the category: 13:40:11

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	32:16	4:39	1	-	1	-	6.93	32:16	4:39	1	-	1	-
VP2 - Laufftreff Li	5.70	25:56	4:32	1	-	1	-	12.63	58:12	4:36	1	-	1	-
VP3 - Oranienbur	5.47	23:50	4:21	1	-	2	0:04	18.10	1:22:02	4:31	1	-	2	0:03
VP4 - Naturschut	4.97	23:12	4:40	1	-	2	0:03	23.07	1:45:14	4:33	1	-	2	0:06
VP5 - Frohnau	6.80	30:18	4:27	1	-	1	-	29.87	2:15:32	4:32	1	-	1	-
VP6 - Ruderclub	4.06	18:29	4:33	1	-	1	-	33.93	2:34:01	4:32	1	-	1	-
VP7 - Grenzturm	4.75	20:48	4:22	1	-	1	-	38.68	2:54:49	4:31	1	-	1	-
VP8 - Schönwald	7.53	35:36	4:43	1	-	1	-	46.21	3:30:25	4:33	1	-	1	-
VP9 - Falkenseer	5.69	27:08	4:46	1	-	1	-	51.90	3:57:33	4:34	1	-	1	-
VP10 - Karolinenl	6.60	30:09	4:34	1	-	1	-	58.50	4:27:42	4:34	1	-	1	-
VP11 - Pagel & Fi	4.90	22:45	4:38	1	-	1	-	63.40	4:50:27	4:34	1	-	1	-
VP12 - Schloss S	7.62	35:47	4:41	1	-	1	-	71.02	5:26:14	4:35	1	-	1	-
VP13 - Revierförs	6.21	29:40	4:46	1	-	1	-	77.23	5:55:54	4:36	1	-	1	-
VP14 - Brauhaus	6.00	29:32	4:55	1	-	1	-	83.23	6:25:26	4:37	1	-	1	-
VP15 - Gedenkst.	6.90	34:43	5:01	1	-	1	-	90.13	7:00:09	4:39	1	-	1	-
VP16 - Königswe	6.87	33:44	4:54	1	-	1	-	97.00	7:33:53	4:40	1	-	1	-
VP17 - Sportplatz	6.20	31:37	5:05	1	-	1	-	103.20	8:05:30	4:42	1	-	1	-
VP18 - Osdorfer	6.49	33:57	5:13	1	-	1	-	109.69	8:39:27	4:44	1	-	1	-
VP19 - Lichtenrav	5.71	29:19	5:08	1	-	1	-	115.40	9:08:46	4:45	1	-	1	-
VP20 - Kirchhain	4.35	24:18	5:35	1	-	1	-	119.75	9:33:04	4:47	1	-	1	-
VP21 - Buckow	6.15	35:00	5:41	1	-	1	-	125.90	10:08:04	4:49	1	-	1	-
VP22 - Rudow	4.97	28:39	5:45	1	-	2	7:16	130.87	10:36:43	4:51	1	-	1	-
VP23 - Johannistl	5.89	33:41	5:43	1	-	1	-	136.76	11:10:24	4:54	1	-	1	-
VP24 - Dammwe	5.64	32:02	5:40	1	-	2	0:21	142.40	11:42:26	4:55	1	-	1	-
VP25 - Eas Side	6.33	40:04	6:19	1	-	2	2:44	148.73	12:22:30	4:59	1	-	1	-
VP26 - Checkpoir	4.22	24:04	5:42	1	-	2	1:11	152.95	12:46:34	5:00	1	-	1	-
VP27 - Gedenkst.	4.12	26:24	6:24	1	-	3	1:41	157.07	13:12:58	5:02	1	-	1	-
Friedrich-Ludwig	4.78	27:13	5:41	1	-	2	2:50	161.85	13:40:11	5:04	1	-	1	-