



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Struß, Norbert

Club: Stolpertruppe Winsen
Number: 235

Course: 161.85 km
100MeilenBerlin

Category:
Senioren M50 (50-54 Jahre)

Total time: 22:28:22

Speed: 7.16 km/h
Running performance: 8:20 min/km

Rank in course/Total: 61 (of 296)

Rank in course/Men: 55 (of 247)

Best time in course: 13:40:11

Rank in category: 11(of 51)

Best time in the category: 18:03:51

| 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 | 46:32 | 6:42 | 35 | 13:14 | 158 | 14:16 | 6.93 | 46:32 | 6:42 | 35 | 13:14 | 158 | 14:16 |
| VP2 - Laufftreff Li | 5.70 | 39:22 | 6:54 | 33 | 11:43 | 164 | 13:26 | 12.63 | 1:25:54 | 6:48 | 34 | 24:57 | 159 | 27:42 |
| VP3 - Oranienbur | 5.47 | 36:15 | 6:37 | 30 | 10:03 | 133 | 12:29 | 18.10 | 2:02:09 | 6:44 | 33 | 34:53 | 150 | 40:10 |
| VP4 - Naturschut | 4.97 | 38:01 | 7:38 | 32 | 13:10 | 154 | 14:52 | 23.07 | 2:40:10 | 6:56 | 33 | 48:03 | 156 | 55:02 |
| VP5 - Frohnau | 6.80 | 47:42 | 7:00 | 30 | 14:58 | 148 | 17:24 | 29.87 | 3:27:52 | 6:57 | 33 | 1:03:01 | 153 | 1:12:20 |
| VP6 - Ruderclub | 4.06 | 35:50 | 8:49 | 35 | 14:21 | 163 | 17:21 | 33.93 | 4:03:42 | 7:10 | 31 | 1:17:22 | 149 | 1:29:41 |
| VP7 - Grenzturm | 4.75 | 34:37 | 7:17 | 28 | 9:14 | 130 | 13:49 | 38.68 | 4:38:19 | 7:11 | 31 | 1:26:36 | 145 | 1:43:30 |
| VP8 - Schönwald | 7.53 | 55:56 | 7:25 | 20 | 13:29 | 103 | 20:20 | 46.21 | 5:34:15 | 7:13 | 28 | 1:40:05 | 137 | 2:03:50 |
| VP9 - Falkenseer | 5.69 | 42:49 | 7:31 | 15 | 8:59 | 75 | 15:41 | 51.90 | 6:17:04 | 7:15 | 27 | 1:49:04 | 132 | 2:19:31 |
| VP10 - Karolinenl | 6.60 | 56:09 | 8:30 | 22 | 15:57 | 116 | 26:00 | 58.50 | 7:13:13 | 7:24 | 25 | 2:04:44 | 124 | 2:45:31 |
| VP11 - Pagel & Fi | 4.90 | 41:36 | 8:29 | 19 | 11:29 | 93 | 18:51 | 63.40 | 7:54:49 | 7:29 | 21 | 2:14:29 | 109 | 3:04:22 |
| VP12 - Schloss S | 7.62 | 1:00:58 | 8:00 | 10 | 12:45 | 48 | 25:11 | 71.02 | 8:55:47 | 7:32 | 18 | 2:27:14 | 96 | 3:29:33 |
| VP13 - Revierförs | 6.21 | 49:13 | 7:55 | 15 | 8:24 | 64 | 19:33 | 77.23 | 9:45:00 | 7:34 | 17 | 2:35:28 | 92 | 3:49:06 |
| VP14 - Brauhaus | 6.00 | 46:33 | 7:45 | 8 | 4:22 | 41 | 17:01 | 83.23 | 10:31:33 | 7:35 | 17 | 2:39:25 | 85 | 4:06:07 |
| VP15 - Gedenkst. | 6.90 | 50:28 | 7:18 | 6 | 5:20 | 31 | 15:45 | 90.13 | 11:22:01 | 7:34 | 17 | 2:40:06 | 82 | 4:21:52 |
| VP16 - Königswe | 6.87 | 59:14 | 8:37 | 12 | 10:32 | 58 | 25:30 | 97.00 | 12:21:15 | 7:38 | 16 | 2:50:38 | 79 | 4:47:22 |
| VP17 - Sportplatz | 6.20 | 58:32 | 9:26 | 12 | 13:43 | 59 | 26:55 | 103.20 | 13:19:47 | 7:44 | 14 | 3:03:36 | 70 | 5:14:17 |
| VP18 - Osdorfer | 6.49 | 53:11 | 8:11 | 11 | 6:50 | 50 | 19:14 | 109.69 | 14:12:58 | 7:46 | 13 | 3:08:25 | 66 | 5:33:31 |
| VP19 - Lichtenra | 5.71 | 50:54 | 8:54 | 15 | 10:56 | 79 | 21:35 | 115.40 | 15:03:52 | 7:49 | 13 | 3:16:17 | 65 | 5:55:06 |
| VP20 - Kirchhain | 4.35 | 41:44 | 9:35 | 9 | 10:27 | 58 | 17:26 | 119.75 | 15:45:36 | 7:53 | 13 | 3:22:21 | 66 | 6:12:32 |
| VP21 - Buckow | 6.15 | 57:25 | 9:20 | 12 | 14:07 | 64 | 22:25 | 125.90 | 16:43:01 | 7:58 | 13 | 3:33:50 | 65 | 6:34:57 |
| VP22 - Rudow | 4.97 | 47:05 | 9:28 | 11 | 9:44 | 47 | 25:42 | 130.87 | 17:30:06 | 8:01 | 13 | 3:38:59 | 65 | 6:53:23 |
| VP23 - Johannistl | 5.89 | 56:59 | 9:40 | 16 | 11:17 | 70 | 23:18 | 136.76 | 18:27:05 | 8:05 | 13 | 3:48:32 | 62 | 7:16:41 |
| VP24 - Dammwe | 5.64 | 54:22 | 9:38 | 13 | 13:51 | 59 | 22:41 | 142.40 | 19:21:27 | 8:09 | 13 | 3:52:29 | 60 | 7:39:01 |
| VP25 - Eas Side | 6.33 | 1:04:23 | 10:10 | 16 | 16:27 | 70 | 27:03 | 148.73 | 20:25:50 | 8:14 | 13 | 4:03:04 | 59 | 8:03:20 |
| VP26 - Checkpoir | 4.22 | 42:52 | 10:09 | 19 | 13:12 | 88 | 19:59 | 152.95 | 21:08:42 | 8:17 | 11 | 4:13:55 | 57 | 8:22:08 |
| VP27 - Gedenkst. | 4.12 | 39:44 | 9:38 | 13 | 8:37 | 44 | 15:01 | 157.07 | 21:48:26 | 8:19 | 11 | 4:18:55 | 57 | 8:35:28 |
| Friedrich-Ludwig | 4.78 | 39:56 | 8:21 | 13 | 11:58 | 50 | 15:33 | 161.85 | 22:28:22 | 8:19 | 11 | 4:24:31 | 55 | 8:48:11 |