



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

COZZI, DOMENICO

Club: G.S. CAI PISTOIA

Number: 177

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 23:16:01

Speed: 6.92 km/h

Running performance: 8:38 min/km

Rank in course/Total: 79 (of 296)

Rank in course/Men: 72 (of 247)

Best time in course: 13:40:11

Rank in category: 9(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	43:46	6:18	13	11:30	99	11:30	6.93	43:46	6:18	13	11:30	99	11:30
VP2 - Laufftreff Li	5.70	32:08	5:38	5	6:12	36	6:12	12.63	1:15:54	6:00	9	17:42	76	17:42
VP3 - Oranienbur	5.47	32:38	5:57	8	8:48	74	8:52	18.10	1:48:32	5:59	9	26:30	75	26:33
VP4 - Naturschut	4.97	30:38	6:09	5	7:26	38	7:29	23.07	2:19:10	6:01	5	33:56	57	34:02
VP5 - Frohnau	6.80	44:36	6:33	14	14:18	100	14:18	29.87	3:03:46	6:09	9	48:14	78	48:14
VP6 - Ruderclub	4.06	26:39	6:33	6	8:10	47	8:10	33.93	3:30:25	6:12	7	56:24	65	56:24
VP7 - Grenzturm	4.75	32:34	6:51	13	11:46	89	11:46	38.68	4:02:59	6:16	8	1:08:10	68	1:08:10
VP8 - Schönwald	7.53	51:48	6:52	9	16:12	63	16:12	46.21	4:54:47	6:22	8	1:24:22	70	1:24:22
VP9 - Falkenseer	5.69	44:13	7:46	11	17:05	96	17:05	51.90	5:39:00	6:31	8	1:41:27	68	1:41:27
VP10 - Karolinenl	6.60	55:40	8:26	14	25:31	109	25:31	58.50	6:34:40	6:44	9	2:06:58	69	2:06:58
VP11 - Pagel & Fi	4.90	41:01	8:22	13	18:16	86	18:16	63.40	7:15:41	6:52	9	2:25:14	68	2:25:14
VP12 - Schloss S	7.62	1:06:41	8:45	11	30:54	78	30:54	71.02	8:22:22	7:04	9	2:56:08	63	2:56:08
VP13 - Revierförs	6.21	51:55	8:21	11	22:15	89	22:15	77.23	9:14:17	7:10	9	3:18:23	66	3:18:23
VP14 - Brauhaus	6.00	49:47	8:17	7	20:15	72	20:15	83.23	10:04:04	7:15	9	3:38:38	65	3:38:38
VP15 - Gedenkst.	6.90	1:07:12	9:44	14	32:29	146	32:29	90.13	11:11:16	7:26	11	4:11:07	72	4:11:07
VP16 - Königswe	6.87	1:08:15	9:56	16	34:31	140	34:31	97.00	12:19:31	7:37	10	4:45:38	77	4:45:38
VP17 - Sportplatz	6.20	57:22	9:15	7	25:45	53	25:45	103.20	13:16:53	7:43	9	5:11:23	69	5:11:23
VP18 - Osdorfer	6.49	59:18	9:08	10	25:21	91	25:21	109.69	14:16:11	7:48	9	5:36:44	67	5:36:44
VP19 - Lichtenra	5.71	56:25	9:52	12	27:06	115	27:06	115.40	15:12:36	7:54	10	6:03:50	71	6:03:50
VP20 - Kirchhain	4.35	40:34	9:19	8	16:16	51	16:16	119.75	15:53:10	7:57	10	6:20:06	69	6:20:06
VP21 - Buckow	6.15	1:02:13	10:06	12	27:13	89	27:13	125.90	16:55:23	8:03	11	6:47:19	71	6:47:19
VP22 - Rudow	4.97	54:03	10:52	12	25:24	99	32:40	130.87	17:49:26	8:10	11	7:12:43	72	7:12:43
VP23 - Johannistl	5.89	1:00:58	10:21	9	27:17	89	27:17	136.76	18:50:24	8:15	10	7:40:00	70	7:40:00
VP24 - Dammwe	5.64	59:21	10:31	10	27:19	93	27:40	142.40	19:49:45	8:21	10	8:07:19	67	8:07:19
VP25 - Eas Side	6.33	1:02:19	9:50	6	22:15	57	24:59	148.73	20:52:04	8:25	9	8:29:34	66	8:29:34
VP26 - Checkpoir	4.22	47:25	11:14	11	23:21	127	24:32	152.95	21:39:29	8:29	9	8:52:55	67	8:52:55
VP27 - Gedenkst.	4.12	53:51	13:04	14	27:27	141	29:08	157.07	22:33:20	8:36	9	9:20:22	70	9:20:22
Friedrich-Ludwig	4.78	42:41	8:55	7	15:28	73	18:18	161.85	23:16:01	8:37	9	9:35:50	72	9:35:50