



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Sens, Steffen

Club: SICS GmbH
Number: 216

Course: 161.85 km
100MeilenBerlin

Category:
Senioren M45 (45-49 Jahre)

Total time: 23:18:51

Speed: 6.91 km/h
Running performance: 8:38 min/km

Rank in course/Total: 80 (of 296)

Rank in course/Men: 73 (of 247)

Best time in course: 13:40:11

Rank in category: 21(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	43:05	6:13	20	10:49	89	10:49	6.93	43:05	6:13	20	10:49	89	10:49
VP2 - Laufftreff Li	5.70	35:23	6:12	22	9:27	94	9:27	12.63	1:18:28	6:12	22	20:15	92	20:16
VP3 - Oranienbur	5.47	35:01	6:24	23	11:15	102	11:15	18.10	1:53:29	6:16	21	31:30	95	31:30
VP4 - Naturschut	4.97	34:35	6:57	23	11:26	89	11:26	23.07	2:28:04	6:25	22	42:56	95	42:56
VP5 - Frohnau	6.80	46:38	6:51	34	16:12	134	16:20	29.87	3:14:42	6:31	24	59:08	100	59:10
VP6 - Ruderclub	4.06	35:48	8:49	37	17:18	162	17:19	33.93	3:50:30	6:47	28	1:16:26	113	1:16:29
VP7 - Grenzturm	4.75	32:16	6:47	22	9:58	85	11:28	38.68	4:22:46	6:47	24	1:26:24	103	1:27:57
VP8 - Schönwald	7.53	54:12	7:11	22	16:27	82	18:36	46.21	5:16:58	6:51	24	1:42:51	95	1:46:33
VP9 - Falkenseer	5.69	43:56	7:43	24	13:24	92	16:48	51.90	6:00:54	6:57	24	1:56:15	94	2:03:21
VP10 - Karolinenl	6.60	50:40	7:40	18	15:38	70	20:31	58.50	6:51:34	7:02	24	2:09:02	91	2:23:52
VP11 - Pagel & Fi	4.90	40:45	8:18	22	14:03	80	18:00	63.40	7:32:19	7:08	22	2:22:56	86	2:41:52
VP12 - Schloss S	7.62	1:16:03	9:58	34	32:37	128	40:16	71.02	8:48:22	7:26	25	2:55:24	90	3:22:08
VP13 - Revierförs	6.21	47:39	7:40	15	12:25	50	17:59	77.23	9:36:01	7:27	24	3:06:20	86	3:40:07
VP14 - Brauhaus	6.00	47:54	7:59	16	13:42	49	18:22	83.23	10:23:55	7:29	22	3:16:19	80	3:58:29
VP15 - Gedenkst.	6.90	58:14	8:26	23	22:06	85	23:31	90.13	11:22:09	7:34	24	3:28:33	83	4:22:00
VP16 - Königswe	6.87	1:03:05	9:10	24	18:16	95	29:21	97.00	12:25:14	7:40	23	3:43:21	82	4:51:21
VP17 - Sportplatz	6.20	1:31:49	14:48	40	57:13	184	1:00:12	103.20	13:57:03	8:06	25	4:38:03	94	5:51:33
VP18 - Osdorfer	6.49	50:07	7:43	8	6:51	35	16:10	109.69	14:47:10	8:05	24	4:44:54	87	6:07:43
VP19 - Lichtenra	5.71	46:07	8:04	16	11:04	48	16:48	115.40	15:33:17	8:05	24	4:51:41	84	6:24:31
VP20 - Kirchhain	4.35	47:03	10:48	28	17:23	101	22:45	119.75	16:20:20	8:11	24	5:09:04	84	6:47:16
VP21 - Buckow	6.15	55:08	8:57	16	16:46	51	20:08	125.90	17:15:28	8:13	23	5:22:26	80	7:07:24
VP22 - Rudow	4.97	47:52	9:37	15	17:33	56	26:29	130.87	18:03:20	8:16	23	5:28:33	79	7:26:37
VP23 - Johannistl	5.89	56:44	9:37	18	19:53	67	23:03	136.76	19:00:04	8:20	22	5:46:59	75	7:49:40
VP24 - Dammwe	5.64	55:11	9:47	17	23:30	63	23:30	142.40	19:55:15	8:23	20	6:10:29	72	8:12:49
VP25 - Eas Side	6.33	1:04:09	10:08	17	26:49	69	26:49	148.73	20:59:24	8:28	20	6:37:18	69	8:36:54
VP26 - Checkpoir	4.22	42:00	9:57	19	19:07	78	19:07	152.95	21:41:24	8:30	21	6:56:25	70	8:54:50
VP27 - Gedenkst.	4.12	46:27	11:16	19	21:44	85	21:44	157.07	22:27:51	8:34	20	7:18:09	68	9:14:53
Friedrich-Ludwig	4.78	51:00	10:40	28	26:37	117	26:37	161.85	23:18:51	8:38	21	7:44:46	73	9:38:40