



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

## Detailed evaluation

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Club: 1.FC UNION BERLIN  
Number: 304

Course: 161.85 km  
100MeilenBerlin

Category:  
Senioren M45 (45-49 Jahre)

Total time: 23:50:38

Speed: 6.75 km/h  
Running performance: 8:50 min/km

Rank in course/Total: 105 (of 296)

Rank in course/Men: 93 (of 247)

Best time in course: 13:40:11

Rank in category: 23(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	44:49	6:28	30	12:33	120	12:33	6.93	44:49	6:28	30	12:33	120	12:33
VP2 - Laufftreff Li	5.70	36:46	6:27	26	10:50	107	10:50	12.63	1:21:35	6:27	27	23:22	110	23:23
VP3 - Oranienbur	5.47	36:04	6:35	29	12:18	128	12:18	18.10	1:57:39	6:30	29	35:40	117	35:40
VP4 - Naturschut	4.97	36:09	7:16	30	13:00	122	13:00	23.07	2:33:48	6:40	28	48:40	115	48:40
VP5 - Frohnau	6.80	46:08	6:47	32	15:42	126	15:50	29.87	3:19:56	6:41	27	1:04:22	113	1:04:24
VP6 - Ruderclub	4.06	34:31	8:30	33	16:01	149	16:02	33.93	3:54:27	6:54	30	1:20:23	120	1:20:26
VP7 - Grenzturm	4.75	32:57	6:56	24	10:39	95	12:09	38.68	4:27:24	6:54	28	1:31:02	117	1:32:35
VP8 - Schönwald	7.53	55:36	7:23	29	17:51	97	20:00	46.21	5:23:00	6:59	29	1:48:53	115	1:52:35
VP9 - Falkenseer	5.69	46:41	8:12	28	16:09	121	19:33	51.90	6:09:41	7:07	29	2:05:02	114	2:12:08
VP10 - Karolinenl	6.60	58:10	8:48	36	23:08	135	28:01	58.50	7:07:51	7:18	30	2:25:19	116	2:40:09
VP11 - Pagel & Fi	4.90	48:47	9:57	33	22:05	148	26:02	63.40	7:56:38	7:31	30	2:47:15	115	3:06:11
VP12 - Schloss S	7.62	1:07:31	8:51	21	24:05	83	31:44	71.02	9:04:09	7:39	29	3:11:11	110	3:37:55
VP13 - Revierförs	6.21	56:10	9:02	34	20:56	133	26:30	77.23	10:00:19	7:46	29	3:30:38	109	4:04:25
VP14 - Brauhaus	6.00	52:01	8:40	26	17:49	94	22:29	83.23	10:52:20	7:50	29	3:44:44	110	4:26:54
VP15 - Gedenkst.	6.90	1:05:20	9:28	33	29:12	131	30:37	90.13	11:57:40	7:57	29	4:04:04	112	4:57:31
VP16 - Königswe	6.87	1:04:41	9:24	28	19:52	112	30:57	97.00	13:02:21	8:03	29	4:20:28	110	5:28:28
VP17 - Sportplatz	6.20	1:10:01	11:17	27	35:25	99	38:24	103.20	14:12:22	8:15	28	4:53:22	109	6:06:52
VP18 - Osdorfer	6.49	1:02:33	9:38	28	19:17	109	28:36	109.69	15:14:55	8:20	27	5:12:39	104	6:35:28
VP19 - Lichtenra	5.71	56:24	9:52	30	21:21	114	27:05	115.40	16:11:19	8:25	27	5:29:43	103	7:02:33
VP20 - Kirchhain	4.35	46:51	10:46	27	17:11	99	22:33	119.75	16:58:10	8:30	26	5:46:54	100	7:25:06
VP21 - Buckow	6.15	1:05:02	10:34	26	26:40	104	30:02	125.90	18:03:12	8:36	27	6:10:10	102	7:55:08
VP22 - Rudow	4.97	56:12	11:18	26	25:53	120	34:49	130.87	18:59:24	8:42	27	6:24:37	107	8:22:41
VP23 - Johannistl	5.89	54:01	9:10	12	17:10	46	20:20	136.76	19:53:25	8:43	27	6:40:20	100	8:43:01
VP24 - Dammwe	5.64	50:33	8:57	12	18:52	41	18:52	142.40	20:43:58	8:44	26	6:59:12	92	9:01:32
VP25 - Eas Side	6.33	1:02:26	9:51	14	25:06	58	25:06	148.73	21:46:24	8:47	24	7:24:18	90	9:23:54
VP26 - Checkpoir	4.22	36:22	8:37	9	13:29	29	13:29	152.95	22:22:46	8:46	23	7:37:47	87	9:36:12
VP27 - Gedenkst.	4.12	43:07	10:27	12	18:24	62	18:24	157.07	23:05:53	8:49	23	7:56:11	89	9:52:55
Friedrich-Ludwig	4.78	44:45	9:21	19	20:22	83	20:22	161.85	23:50:38	8:50	23	8:16:33	93	10:10:27