



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

## Detailed evaluation

**Glogger, Bertram**

Club: DUV

Number: 187

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 24:58:01

Speed: 6.45 km/h

Running performance: 9:16 min/km

Rank in course/Total: 118 (of 296)

Rank in course/Men: 104 (of 247)

Best time in course: 13:40:11

Rank in category: 10(of 32)

Best time in the category: 16:59:31

| Control             | Intermediate times |            |              |          |             |         |            | Stage score |            |              |          | Total ranking |         |            |  |
|---------------------|--------------------|------------|--------------|----------|-------------|---------|------------|-------------|------------|--------------|----------|---------------|---------|------------|--|
|                     | 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               | 43:33      | 6:17         | 12       | 8:20        | 96      | 11:17      | 6.93        | 43:33      | 6:17         | 12       | 8:20          | 96      | 11:17      |  |
| VP2 - Laufftreff Li | 5.70               | 36:32      | 6:24         | 12       | 6:21        | 102     | 10:36      | 12.63       | 1:20:05    | 6:20         | 12       | 14:41         | 100     | 21:53      |  |
| VP3 - Oranienbur    | 5.47               | 33:25      | 6:06         | 10       | 4:44        | 83      | 9:39       | 18.10       | 1:53:30    | 6:16         | 12       | 19:25         | 96      | 31:31      |  |
| VP4 - Naturschut    | 4.97               | 33:02      | 6:38         | 7        | 4:38        | 76      | 9:53       | 23.07       | 2:26:32    | 6:21         | 11       | 24:03         | 92      | 41:24      |  |
| VP5 - Frohnau       | 6.80               | 41:48      | 6:08         | 7        | 5:21        | 66      | 11:30      | 29.87       | 3:08:20    | 6:18         | 10       | 29:24         | 88      | 52:48      |  |
| VP6 - Ruderclub     | 4.06               | 28:57      | 7:07         | 8        | 5:35        | 79      | 10:28      | 33.93       | 3:37:17    | 6:24         | 10       | 34:59         | 83      | 1:03:16    |  |
| VP7 - Grenzturm     | 4.75               | 31:36      | 6:39         | 8        | 5:07        | 74      | 10:48      | 38.68       | 4:08:53    | 6:26         | 10       | 40:06         | 80      | 1:14:04    |  |
| VP8 - Schönwald     | 7.53               | 1:02:07    | 8:14         | 14       | 19:25       | 154     | 26:31      | 46.21       | 5:11:00    | 6:43         | 9        | 59:31         | 87      | 1:40:35    |  |
| VP9 - Falkenseer    | 5.69               | 37:17      | 6:33         | 3        | 3:33        | 34      | 10:09      | 51.90       | 5:48:17    | 6:42         | 9        | 1:03:04       | 76      | 1:50:44    |  |
| VP10 - Karolinenl   | 6.60               | 48:54      | 7:24         | 6        | 10:40       | 60      | 18:45      | 58.50       | 6:37:11    | 6:47         | 9        | 1:13:44       | 78      | 2:09:29    |  |
| VP11 - Pagel & Fi   | 4.90               | 45:23      | 9:15         | 13       | 12:57       | 117     | 22:38      | 63.40       | 7:22:34    | 6:58         | 8        | 1:26:23       | 74      | 2:32:07    |  |
| VP12 - Schloss S    | 7.62               | 1:04:28    | 8:27         | 8        | 18:43       | 64      | 28:41      | 71.02       | 8:27:02    | 7:08         | 8        | 1:45:06       | 68      | 3:00:48    |  |
| VP13 - Revierförs   | 6.21               | 51:06      | 8:13         | 9        | 9:36        | 81      | 21:26      | 77.23       | 9:18:08    | 7:13         | 8        | 1:54:42       | 69      | 3:22:14    |  |
| VP14 - Brauhaus     | 6.00               | 49:05      | 8:10         | 7        | 9:53        | 61      | 19:33      | 83.23       | 10:07:13   | 7:17         | 8        | 2:04:35       | 66      | 3:41:47    |  |
| VP15 - Gedenkst.    | 6.90               | 1:00:40    | 8:47         | 11       | 17:30       | 101     | 25:57      | 90.13       | 11:07:53   | 7:24         | 8        | 2:21:56       | 69      | 4:07:44    |  |
| VP16 - Königswe     | 6.87               | 1:02:52    | 9:09         | 10       | 17:55       | 94      | 29:08      | 97.00       | 12:10:45   | 7:32         | 8        | 2:35:38       | 66      | 4:36:52    |  |
| VP17 - Sportplatz   | 6.20               | 1:02:18    | 10:02        | 8        | 19:25       | 69      | 30:41      | 103.20      | 13:13:03   | 7:41         | 8        | 2:53:16       | 66      | 5:07:33    |  |
| VP18 - Osdorfer     | 6.49               | 57:59      | 8:56         | 9        | 18:00       | 80      | 24:02      | 109.69      | 14:11:02   | 7:45         | 8        | 3:11:16       | 65      | 5:31:35    |  |
| VP19 - Lichtenra    | 5.71               | 55:26      | 9:42         | 14       | 18:47       | 109     | 26:07      | 115.40      | 15:06:28   | 7:51         | 8        | 3:30:03       | 67      | 5:57:42    |  |
| VP20 - Kirchhain    | 4.35               | 52:11      | 11:59        | 13       | 24:03       | 131     | 27:53      | 119.75      | 15:58:39   | 8:00         | 8        | 3:54:06       | 73      | 6:25:35    |  |
| VP21 - Buckow       | 6.15               | 1:04:47    | 10:32        | 12       | 23:48       | 100     | 29:47      | 125.90      | 17:03:26   | 8:07         | 8        | 4:17:54       | 73      | 6:55:22    |  |
| VP22 - Rudow        | 4.97               | 1:00:24    | 12:09        | 15       | 27:57       | 139     | 39:01      | 130.87      | 18:03:50   | 8:16         | 8        | 4:45:51       | 80      | 7:27:07    |  |
| VP23 - Johannistl   | 5.89               | 1:12:18    | 12:16        | 14       | 34:28       | 138     | 38:37      | 136.76      | 19:16:08   | 8:27         | 8        | 5:20:19       | 81      | 8:05:44    |  |
| VP24 - Dammwe       | 5.64               | 1:18:10    | 13:51        | 19       | 42:09       | 174     | 46:29      | 142.40      | 20:34:18   | 8:40         | 9        | 6:02:28       | 88      | 8:51:52    |  |
| VP25 - Eas Side     | 6.33               | 1:32:15    | 14:34        | 19       | 46:39       | 174     | 54:55      | 148.73      | 22:06:33   | 8:55         | 10       | 6:48:45       | 101     | 9:44:03    |  |
| VP26 - Checkpoir    | 4.22               | 54:55      | 13:00        | 19       | 27:36       | 167     | 32:02      | 152.95      | 23:01:28   | 9:01         | 10       | 7:03:08       | 102     | 10:14:54   |  |
| VP27 - Gedenkst.    | 4.12               | 1:01:35    | 14:56        | 18       | 29:40       | 166     | 36:52      | 157.07      | 24:03:03   | 9:11         | 10       | 7:32:48       | 102     | 10:50:05   |  |
| Friedrich-Ludwig    | 4.78               | 54:58      | 11:29        | 15       | 27:25       | 148     | 30:35      | 161.85      | 24:58:01   | 9:15         | 10       | 7:58:30       | 104     | 11:17:50   |  |