



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

RUEL, STEPHANE

Club: B.A.COUTANCES

Number: 18

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 15:34:05

Speed: 10.34 km/h

Running performance: 5:46 min/km

Rank in course/Total: 2 (of 296)

Rank in course/Men: 2 (of 247)

Best time in course: 13:40:11

Rank in category: 1(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - S-Bahnhof	6.93	32:17	4:39	2	0:01	3	0:01	6.93	32:17	4:39	2	0:01	3	0:01
VP2 - Laufftreff Li	5.70	25:56	4:32	1	-	1	-	12.63	58:13	4:36	1	-	2	0:01
VP3 - Oranienbur	5.47	23:46	4:20	1	-	1	-	18.10	1:21:59	4:31	1	-	1	-
VP4 - Naturschut	4.97	23:09	4:39	1	-	1	-	23.07	1:45:08	4:33	1	-	1	-
VP5 - Frohnau	6.80	30:26	4:28	1	-	2	0:08	29.87	2:15:34	4:32	1	-	2	0:02
VP6 - Ruderclub	4.06	18:30	4:33	1	-	2	0:01	33.93	2:34:04	4:32	1	-	2	0:03
VP7 - Grenzturm	4.75	22:18	4:41	1	-	3	1:30	38.68	2:56:22	4:33	1	-	2	1:33
VP8 - Schönwald	7.53	37:45	5:00	1	-	3	2:09	46.21	3:34:07	4:38	1	-	2	3:42
VP9 - Falkenseer	5.69	30:32	5:21	1	-	4	3:24	51.90	4:04:39	4:42	1	-	2	7:06
VP10 - Karolinenl	6.60	37:53	5:44	3	2:51	7	7:44	58.50	4:42:32	4:49	1	-	2	14:50
VP11 - Pagel & Fi	4.90	26:51	5:28	2	0:09	4	4:06	63.40	5:09:23	4:52	1	-	3	18:56
VP12 - Schloss S	7.62	43:35	5:43	2	0:09	4	7:48	71.02	5:52:58	4:58	1	-	3	26:44
VP13 - Revierförs	6.21	36:43	5:54	3	1:29	5	7:03	77.23	6:29:41	5:02	1	-	3	33:47
VP14 - Brauhaus	6.00	37:55	6:19	3	3:43	7	8:23	83.23	7:07:36	5:08	1	-	3	42:10
VP15 - Gedenkst.	6.90	46:00	6:39	4	9:52	16	11:17	90.13	7:53:36	5:15	1	-	4	53:27
VP16 - Königswe	6.87	48:17	7:01	3	3:28	13	14:33	97.00	8:41:53	5:22	1	-	3	1:08:00
VP17 - Sportplatz	6.20	37:07	5:59	2	2:31	3	5:30	103.20	9:19:00	5:24	1	-	3	1:13:30
VP18 - Osdorfer	6.49	43:16	6:39	1	-	7	9:19	109.69	10:02:16	5:29	1	-	3	1:22:49
VP19 - Lichtenra	5.71	39:20	6:53	3	4:17	14	10:01	115.40	10:41:36	5:33	1	-	3	1:32:50
VP20 - Kirchhain	4.35	29:40	6:49	1	-	6	5:22	119.75	11:11:16	5:36	1	-	3	1:38:12
VP21 - Buckow	6.15	41:46	6:47	3	3:24	10	6:46	125.90	11:53:02	5:39	1	-	3	1:44:58
VP22 - Rudow	4.97	41:45	8:24	5	11:26	20	20:22	130.87	12:34:47	5:46	1	-	3	1:58:04
VP23 - Johannistl	5.89	38:18	6:30	3	1:27	6	4:37	136.76	13:13:05	5:47	1	-	3	2:02:41
VP24 - Dammwe	5.64	31:41	5:37	1	-	1	-	142.40	13:44:46	5:47	1	-	3	2:02:20
VP25 - Eas Side	6.33	37:20	5:53	1	-	1	-	148.73	14:22:06	5:47	1	-	3	1:59:36
VP26 - Checkpoir	4.22	22:53	5:25	1	-	1	-	152.95	14:44:59	5:47	1	-	3	1:58:25
VP27 - Gedenkst.	4.12	24:43	5:59	1	-	1	-	157.07	15:09:42	5:47	1	-	3	1:56:44
Friedrich-Ludwig	4.78	24:23	5:06	1	-	1	-	161.85	15:34:05	5:46	1	-	2	1:53:54