



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Struzak, Bernd

Club: radiergummiliga.de

Number: 63

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M70 (70-74 Jahre)

Total time: 28:19:02

Speed: 5.69 km/h

Running performance: 10:30 min/km

Rank in course/Total: 187 (of 296)

Rank in course/Men: 160 (of 247)

Best time in course: 13:40:11

Rank in category: 3(of 3)

Best time in the category: 27:33:40

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	46:37	6:43	1	-	160	14:21	6.93	46:37	6:43	1	-	160	14:21
VP2 - Laufftreff Li	5.70	41:54	7:21	3	0:30	209	15:58	12.63	1:28:31	7:00	1	-	184	30:19
VP3 - Oranienbur	5.47	39:19	7:11	1	-	185	15:33	18.10	2:07:50	7:03	1	-	184	45:51
VP4 - Naturschut	4.97	38:08	7:40	1	-	158	14:59	23.07	2:45:58	7:11	1	-	175	1:00:50
VP5 - Frohnau	6.80	51:55	7:38	1	-	192	21:37	29.87	3:37:53	7:17	1	-	177	1:22:21
VP6 - Ruderclub	4.06	56:12	13:50	3	20:49	235	37:43	33.93	4:34:05	8:04	3	12:09	214	2:00:04
VP7 - Grenzturm	4.75	32:38	6:52	1	-	91	11:50	38.68	5:06:43	7:55	2	4:31	201	2:11:54
VP8 - Schönwald	7.53	1:21:35	10:50	3	13:04	234	45:59	46.21	6:28:18	8:24	2	17:35	211	2:57:53
VP9 - Falkenseer	5.69	54:57	9:39	2	2:31	188	27:49	51.90	7:23:15	8:32	3	10:05	212	3:25:42
VP10 - Karolinenl	6.60	59:27	9:00	1	-	145	29:18	58.50	8:22:42	8:35	1	-	200	3:55:00
VP11 - Pagel & Fi	4.90	51:54	10:35	2	1:45	179	29:09	63.40	9:14:36	8:44	1	-	195	4:24:09
VP12 - Schloss S	7.62	1:12:10	9:28	1	-	114	36:23	71.02	10:26:46	8:49	1	-	182	5:00:32
VP13 - Revierförs	6.21	49:30	7:58	1	-	67	19:50	77.23	11:16:16	8:45	1	-	171	5:20:22
VP14 - Brauhaus	6.00	1:16:36	12:45	3	15:11	216	47:04	83.23	12:32:52	9:02	1	-	180	6:07:26
VP15 - Gedenkst.	6.90	57:34	8:20	1	-	79	22:51	90.13	13:30:26	8:59	1	-	169	6:30:17
VP16 - Königswe	6.87	1:04:43	9:25	1	-	113	30:59	97.00	14:35:09	9:01	1	-	165	7:01:16
VP17 - Sportplatz	6.20	1:47:51	17:23	3	29:22	203	1:16:14	103.20	16:23:00	9:31	2	0:06	169	8:17:30
VP18 - Osdorfer	6.49	1:42:44	15:49	3	38:08	198	1:08:47	109.69	18:05:44	9:53	3	34:18	176	9:26:17
VP19 - Lichtenra	5.71	1:05:25	11:27	2	1:55	168	36:06	115.40	19:11:09	9:58	3	31:46	176	10:02:23
VP20 - Kirchhain	4.35	53:59	12:24	2	5:04	144	29:41	119.75	20:05:08	10:03	3	36:50	172	10:32:04
VP21 - Buckow	6.15	1:04:57	10:33	2	2:48	101	29:57	125.90	21:10:05	10:05	3	39:38	167	11:02:01
VP22 - Rudow	4.97	1:15:49	15:15	3	15:32	179	54:26	130.87	22:25:54	10:17	3	41:51	168	11:49:11
VP23 - Johannistl	5.89	1:02:33	10:37	1	-	97	28:52	136.76	23:28:27	10:17	3	25:54	163	12:18:03
VP24 - Dammwe	5.64	1:13:45	13:04	2	16:57	160	42:04	142.40	24:42:12	10:24	3	33:09	163	12:59:46
VP25 - Eas Side	6.33	1:24:30	13:20	3	14:34	161	47:10	148.73	26:06:42	10:32	3	47:43	165	13:44:12
VP26 - Checkpoir	4.22	51:58	12:18	3	11:58	153	29:05	152.95	26:58:40	10:34	3	59:41	164	14:12:06
VP27 - Gedenkst.	4.12	38:32	9:21	1	-	36	13:49	157.07	27:37:12	10:33	3	53:15	162	14:24:14
Friedrich-Ludwig	4.78	41:50	8:45	2	3:59	65	17:27	161.85	28:19:02	10:29	3	45:22	160	14:38:51