



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Horak, Norbert

Club: LC Sierndorf
Number: 185

Course: 161.85 km
100MeilenBerlin

Category:
Senioren M45 (45-49 Jahre)

Total time: 29:19:00

Speed: 5.49 km/h
Running performance: 10:52 min/km

Rank in course/Total: 202 (of 296)

Rank in course/Men: 171 (of 247)

Best time in course: 13:40:11

Rank in category: 41(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 | 50:08 | 7:14 | 47 | 17:52 | 215 | 17:52 | 6.93 | 50:08 | 7:14 | 47 | 17:52 | 215 | 17:52 |
| VP2 - Laufftreff Li | 5.70 | 43:58 | 7:42 | 48 | 18:02 | 227 | 18:02 | 12.63 | 1:34:06 | 7:27 | 49 | 35:53 | 225 | 35:54 |
| VP3 - Oranienbur | 5.47 | 40:53 | 7:28 | 46 | 17:07 | 206 | 17:07 | 18.10 | 2:14:59 | 7:27 | 48 | 53:00 | 220 | 53:00 |
| VP4 - Naturschut | 4.97 | 43:25 | 8:44 | 45 | 20:16 | 209 | 20:16 | 23.07 | 2:58:24 | 7:43 | 46 | 1:13:16 | 215 | 1:13:16 |
| VP5 - Frohnau | 6.80 | 48:29 | 7:07 | 37 | 18:03 | 155 | 18:11 | 29.87 | 3:46:53 | 7:35 | 45 | 1:31:19 | 206 | 1:31:21 |
| VP6 - Ruderclub | 4.06 | 34:14 | 8:25 | 32 | 15:44 | 143 | 15:45 | 33.93 | 4:21:07 | 7:41 | 45 | 1:47:03 | 198 | 1:47:06 |
| VP7 - Grenzturm | 4.75 | 38:44 | 8:09 | 43 | 16:26 | 188 | 17:56 | 38.68 | 4:59:51 | 7:45 | 44 | 2:03:29 | 191 | 2:05:02 |
| VP8 - Schönwald | 7.53 | 1:02:28 | 8:17 | 36 | 24:43 | 158 | 26:52 | 46.21 | 6:02:19 | 7:50 | 43 | 2:28:12 | 187 | 2:31:54 |
| VP9 - Falkenseer | 5.69 | 55:24 | 9:44 | 43 | 24:52 | 191 | 28:16 | 51.90 | 6:57:43 | 8:02 | 42 | 2:53:04 | 186 | 3:00:10 |
| VP10 - Karolinenl | 6.60 | 1:07:13 | 10:11 | 42 | 32:11 | 199 | 37:04 | 58.50 | 8:04:56 | 8:17 | 42 | 3:22:24 | 185 | 3:37:14 |
| VP11 - Pagel & Fi | 4.90 | 1:03:38 | 12:59 | 46 | 36:56 | 219 | 40:53 | 63.40 | 9:08:34 | 8:39 | 42 | 3:59:11 | 189 | 4:18:07 |
| VP12 - Schloss S | 7.62 | 2:00:29 | 15:48 | 47 | 1:17:03 | 225 | 1:24:42 | 71.02 | 11:09:03 | 9:25 | 45 | 5:16:05 | 210 | 5:42:49 |
| VP13 - Revierförs | 6.21 | 56:53 | 9:09 | 35 | 21:39 | 142 | 27:13 | 77.23 | 12:05:56 | 9:23 | 44 | 5:36:15 | 206 | 6:10:02 |
| VP14 - Brauhaus | 6.00 | 1:01:52 | 10:18 | 38 | 27:40 | 173 | 32:20 | 83.23 | 13:07:48 | 9:27 | 43 | 6:00:12 | 202 | 6:42:22 |
| VP15 - Gedenkst. | 6.90 | 1:23:11 | 12:03 | 44 | 47:03 | 211 | 48:28 | 90.13 | 14:30:59 | 9:39 | 44 | 6:37:23 | 205 | 7:30:50 |
| VP16 - Königswe | 6.87 | 1:22:52 | 12:03 | 44 | 38:03 | 198 | 49:08 | 97.00 | 15:53:51 | 9:50 | 43 | 7:11:58 | 200 | 8:19:58 |
| VP17 - Sportplatz | 6.20 | 1:07:19 | 10:51 | 24 | 32:43 | 88 | 35:42 | 103.20 | 17:01:10 | 9:53 | 41 | 7:42:10 | 191 | 8:55:40 |
| VP18 - Osdorfer | 6.49 | 2:00:50 | 18:37 | 44 | 1:17:34 | 201 | 1:26:53 | 109.69 | 19:02:00 | 10:24 | 43 | 8:59:44 | 195 | 10:22:33 |
| VP19 - Lichtenra | 5.71 | 1:08:31 | 11:59 | 41 | 33:28 | 182 | 39:12 | 115.40 | 20:10:31 | 10:29 | 42 | 9:28:55 | 190 | 11:01:45 |
| VP20 - Kirchhain | 4.35 | 54:54 | 12:37 | 38 | 25:14 | 148 | 30:36 | 119.75 | 21:05:25 | 10:34 | 42 | 9:54:09 | 186 | 11:32:21 |
| VP21 - Buckow | 6.15 | 1:01:45 | 10:02 | 22 | 23:23 | 87 | 26:45 | 125.90 | 22:07:10 | 10:32 | 43 | 10:14:08 | 184 | 11:59:06 |
| VP22 - Rudow | 4.97 | 55:35 | 11:11 | 24 | 25:16 | 114 | 34:12 | 130.87 | 23:02:45 | 10:33 | 42 | 10:27:58 | 173 | 12:26:02 |
| VP23 - Johannistl | 5.89 | 1:07:25 | 11:26 | 28 | 30:34 | 118 | 33:44 | 136.76 | 24:10:10 | 10:36 | 42 | 10:57:05 | 174 | 12:59:46 |
| VP24 - Dammwe | 5.64 | 1:06:24 | 11:46 | 29 | 34:43 | 130 | 34:43 | 142.40 | 25:16:34 | 10:39 | 41 | 11:31:48 | 170 | 13:34:08 |
| VP25 - Eas Side | 6.33 | 1:16:02 | 12:00 | 29 | 38:42 | 124 | 38:42 | 148.73 | 26:32:36 | 10:42 | 41 | 12:10:30 | 169 | 14:10:06 |
| VP26 - Checkpoir | 4.22 | 44:41 | 10:35 | 27 | 21:48 | 107 | 21:48 | 152.95 | 27:17:17 | 10:42 | 41 | 12:32:18 | 168 | 14:30:43 |
| VP27 - Gedenkst. | 4.12 | 1:05:03 | 15:47 | 41 | 40:20 | 173 | 40:20 | 157.07 | 28:22:20 | 10:50 | 41 | 13:12:38 | 173 | 15:09:22 |
| Friedrich-Ludwig | 4.78 | 56:40 | 11:51 | 36 | 32:17 | 157 | 32:17 | 161.85 | 29:19:00 | 10:52 | 41 | 13:44:55 | 171 | 15:38:49 |