



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Polakovs, Horst

Club: LT Ende Herdecke
Number: 129

Course: 161.85 km
100MeilenBerlin

Category:
Senioren M60 (60-64 Jahre)

Total time: 29:35:58

Speed: 5.44 km/h
Running performance: 10:58 min/km

Rank in course/Total: 207 (of 296)

Rank in course/Men: 176 (of 247)

Best time in course: 13:40:11

Rank in category: 13(of 15)

Best time in the category: 22:52:46

| 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 | 46:16 | 6:40 | 7 | 5:04 | 145 | 14:00 | 6.93 | 46:16 | 6:40 | 7 | 5:04 | 145 | 14:00 |
| VP2 - Laufftreff Li | 5.70 | 41:38 | 7:18 | 12 | 8:12 | 205 | 15:42 | 12.63 | 1:27:54 | 6:57 | 9 | 13:16 | 177 | 29:42 |
| VP3 - Oranienbur | 5.47 | 39:25 | 7:12 | 10 | 7:53 | 191 | 15:39 | 18.10 | 2:07:19 | 7:02 | 9 | 21:09 | 181 | 45:20 |
| VP4 - Naturschut | 4.97 | 36:35 | 7:21 | 6 | 3:41 | 132 | 13:26 | 23.07 | 2:43:54 | 7:06 | 7 | 24:50 | 168 | 58:46 |
| VP5 - Frohnau | 6.80 | 52:03 | 7:39 | 10 | 11:50 | 193 | 21:45 | 29.87 | 3:35:57 | 7:13 | 7 | 36:40 | 173 | 1:20:25 |
| VP6 - Ruderclub | 4.06 | 37:24 | 9:12 | 7 | 8:53 | 182 | 18:55 | 33.93 | 4:13:21 | 7:28 | 7 | 45:33 | 174 | 1:39:20 |
| VP7 - Grenzturm | 4.75 | 47:14 | 9:56 | 13 | 17:48 | 230 | 26:26 | 38.68 | 5:00:35 | 7:46 | 11 | 1:03:21 | 194 | 2:05:46 |
| VP8 - Schönwald | 7.53 | 1:14:31 | 9:53 | 14 | 24:07 | 220 | 38:55 | 46.21 | 6:15:06 | 8:07 | 11 | 1:27:28 | 203 | 2:44:41 |
| VP9 - Falkenseer | 5.69 | 1:02:12 | 10:55 | 14 | 22:51 | 223 | 35:04 | 51.90 | 7:17:18 | 8:25 | 11 | 1:50:19 | 206 | 3:19:45 |
| VP10 - Karolinenl | 6.60 | 1:08:22 | 10:21 | 13 | 16:49 | 203 | 38:13 | 58.50 | 8:25:40 | 8:38 | 12 | 2:07:08 | 204 | 3:57:58 |
| VP11 - Pagel & Fi | 4.90 | 56:46 | 11:35 | 15 | 19:48 | 208 | 34:01 | 63.40 | 9:22:26 | 8:52 | 12 | 2:24:48 | 201 | 4:31:59 |
| VP12 - Schloss Si | 7.62 | 1:54:45 | 15:03 | 15 | 53:10 | 222 | 1:18:58 | 71.02 | 11:17:11 | 9:32 | 14 | 2:48:44 | 215 | 5:50:57 |
| VP13 - Revierförs | 6.21 | 1:09:13 | 11:08 | 14 | 18:02 | 209 | 39:33 | 77.23 | 12:26:24 | 9:39 | 14 | 2:59:03 | 215 | 6:30:30 |
| VP14 - Brauhaus | 6.00 | 1:05:16 | 10:52 | 12 | 19:58 | 190 | 35:44 | 83.23 | 13:31:40 | 9:45 | 14 | 2:59:23 | 214 | 7:06:14 |
| VP15 - Gedenkst. | 6.90 | 1:20:47 | 11:42 | 15 | 28:32 | 204 | 46:04 | 90.13 | 14:52:27 | 9:54 | 14 | 3:23:27 | 211 | 7:52:18 |
| VP16 - Königswe | 6.87 | 1:23:43 | 12:11 | 14 | 30:04 | 200 | 49:59 | 97.00 | 16:16:10 | 10:03 | 14 | 3:39:51 | 206 | 8:42:17 |
| VP17 - Sportplatz | 6.20 | 1:41:59 | 16:26 | 15 | 37:58 | 198 | 1:10:22 | 103.20 | 17:58:09 | 10:26 | 15 | 4:10:48 | 206 | 9:52:39 |
| VP18 - Osdorfer | 6.49 | 1:28:02 | 13:33 | 15 | 39:44 | 190 | 54:05 | 109.69 | 19:26:11 | 10:37 | 15 | 4:46:54 | 196 | 10:46:44 |
| VP19 - Lichtenra | 5.71 | 1:06:43 | 11:41 | 12 | 27:29 | 174 | 37:24 | 115.40 | 20:32:54 | 10:41 | 13 | 5:08:10 | 193 | 11:24:08 |
| VP20 - Kirchhain | 4.35 | 55:09 | 12:40 | 10 | 21:47 | 150 | 30:51 | 119.75 | 21:28:03 | 10:45 | 13 | 5:29:57 | 190 | 11:54:59 |
| VP21 - Buckow | 6.15 | 1:09:44 | 11:20 | 8 | 14:40 | 129 | 34:44 | 125.90 | 22:37:47 | 10:47 | 13 | 5:28:24 | 189 | 12:29:43 |
| VP22 - Rudow | 4.97 | 58:35 | 11:47 | 10 | 37:12 | 126 | 37:12 | 130.87 | 23:36:22 | 10:49 | 13 | 5:58:13 | 181 | 12:59:39 |
| VP23 - Johannistl | 5.89 | 1:08:53 | 11:41 | 9 | 16:07 | 126 | 35:12 | 136.76 | 24:45:15 | 10:51 | 13 | 6:02:40 | 181 | 13:34:51 |
| VP24 - Dammwe | 5.64 | 1:03:25 | 11:14 | 6 | 14:29 | 110 | 31:44 | 142.40 | 25:48:40 | 10:52 | 13 | 5:58:35 | 177 | 14:06:14 |
| VP25 - Eas Side | 6.33 | 1:12:51 | 11:30 | 8 | 14:48 | 107 | 35:31 | 148.73 | 27:01:31 | 10:54 | 13 | 6:11:35 | 176 | 14:39:01 |
| VP26 - Checkpoir | 4.22 | 45:15 | 10:43 | 9 | 8:48 | 109 | 22:22 | 152.95 | 27:46:46 | 10:53 | 13 | 6:20:23 | 175 | 15:00:12 |
| VP27 - Gedenkst. | 4.12 | 51:18 | 12:27 | 10 | 17:17 | 125 | 26:35 | 157.07 | 28:38:04 | 10:56 | 13 | 6:22:48 | 175 | 15:25:06 |
| Friedrich-Ludwig | 4.78 | 57:54 | 12:06 | 12 | 29:14 | 161 | 33:31 | 161.85 | 29:35:58 | 10:58 | 13 | 6:43:12 | 176 | 15:55:47 |