



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Paubel, Thomas

Club: LG Mauerweg
Number: 305

Course: 161.85 km
100MeilenBerlin

Category:
Senioren M65 (65-69 Jahre)

Total time: 29:49:15

Speed: 5.43 km/h
Running performance: 11:03 min/km

Rank in course/Total: 210 (of 296)

Rank in course/Men: 179 (of 247)

Best time in course: 13:40:11

Rank in category: 6(of 8)

Best time in the category: 23:15:12

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	55:40	8:01	8	15:08	236	23:24	6.93	55:40	8:01	8	15:08	236	23:24
VP2 - Laufftreff Li	5.70	50:21	8:50	8	15:33	238	24:25	12.63	1:46:01	8:23	8	30:41	238	47:49
VP3 - Oranienbur	5.47	45:46	8:22	8	12:34	234	22:00	18.10	2:31:47	8:23	8	43:15	238	1:09:48
VP4 - Naturschut	4.97	46:17	9:18	8	12:44	230	23:08	23.07	3:18:04	8:35	8	55:59	238	1:32:56
VP5 - Frohnau	6.80	1:00:28	8:53	7	17:52	233	30:10	29.87	4:18:32	8:39	8	1:10:02	237	2:03:00
VP6 - Ruderclub	4.06	53:58	13:17	8	25:07	234	35:29	33.93	5:12:30	9:12	8	1:28:54	237	2:38:29
VP7 - Grenzturm	4.75	44:50	9:26	7	9:55	221	24:02	38.68	5:57:20	9:14	8	1:36:49	236	3:02:31
VP8 - Schönwald	7.53	1:11:05	9:26	8	14:16	209	35:29	46.21	7:08:25	9:16	8	1:47:59	233	3:38:00
VP9 - Falkenseer	5.69	1:01:15	10:45	7	18:12	222	34:07	51.90	8:09:40	9:26	8	2:01:41	232	4:12:07
VP10 - Karolinenl	6.60	1:16:27	11:35	8	21:31	224	46:18	58.50	9:26:07	9:40	8	2:23:12	228	4:58:25
VP11 - Pagel & Fi	4.90	53:42	10:57	5	7:05	190	30:57	63.40	10:19:49	9:46	8	2:29:33	223	5:29:22
VP12 - Schloss S	7.62	1:35:02	12:28	6	18:00	204	59:15	71.02	11:54:51	10:03	8	2:38:43	220	6:28:37
VP13 - Revierförs	6.21	1:17:19	12:27	8	25:08	218	47:39	77.23	13:12:10	10:15	8	3:03:51	220	7:16:16
VP14 - Brauhaus	6.00	1:16:23	12:43	8	28:35	215	46:51	83.23	14:28:33	10:26	8	3:32:26	220	8:03:07
VP15 - Gedenkst.	6.90	1:26:42	12:33	8	29:43	214	51:59	90.13	15:55:15	10:35	8	4:02:09	219	8:55:06
VP16 - Königswe	6.87	1:21:12	11:49	6	23:59	193	47:28	97.00	17:16:27	10:41	8	4:23:59	213	9:42:34
VP17 - Sportplatz	6.20	1:13:46	11:53	1	-	113	42:09	103.20	18:30:13	10:45	8	4:21:13	212	10:24:43
VP18 - Osdorfer	6.49	1:21:36	12:34	6	26:28	178	47:39	109.69	19:51:49	10:51	8	4:47:41	202	11:12:22
VP19 - Lichtenra	5.71	1:30:29	15:50	7	42:25	197	1:01:10	115.40	21:22:18	11:06	7	5:30:06	198	12:13:32
VP20 - Kirchhain	4.35	54:19	12:29	4	9:13	147	30:01	119.75	22:16:37	11:09	7	5:36:34	195	12:43:33
VP21 - Buckow	6.15	1:18:26	12:45	6	20:39	169	43:26	125.90	23:35:03	11:14	6	5:57:13	196	13:26:59
VP22 - Rudow	4.97	50:48	10:13	2	1:54	73	29:25	130.87	24:25:51	11:12	6	5:59:07	188	13:49:08
VP23 - Johannistl	5.89	59:51	10:09	3	7:28	86	26:10	136.76	25:25:42	11:09	6	6:02:11	185	14:15:18
VP24 - Dammwe	5.64	58:08	10:18	2	4:21	87	26:27	142.40	26:23:50	11:07	6	6:06:32	180	14:41:24
VP25 - Eas Side	6.33	1:09:34	10:59	3	9:32	89	32:14	148.73	27:33:24	11:07	6	6:16:04	179	15:10:54
VP26 - Checkpoir	4.22	39:37	9:23	2	3:41	56	16:44	152.95	28:13:01	11:04	6	6:19:45	179	15:26:27
VP27 - Gedenkst.	4.12	47:28	11:31	4	3:31	94	22:45	157.07	29:00:29	11:04	6	6:23:16	179	15:47:31
Friedrich-Ludwig	4.78	48:46	10:12	5	10:47	108	24:23	161.85	29:49:15	11:03	6	6:34:03	179	16:09:04