



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Ross, David

Club: 100 Marathon Club
Number: 25

Course: 161.85 km
100MeilenBerlin

Category:
Senioren M45 (45-49 Jahre)

Total time: 16:59:23

Speed: 9.48 km/h
Running performance: 6:18 min/km

Rank in course/Total: 7 (of 296)

Rank in course/Men: 6 (of 247)

Best time in course: 13:40:11

Rank in category: 3(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	32:16	4:39	1	-	1	-	6.93	32:16	4:39	1	-	1	-
VP2 - Laufftreff Li	5.70	25:57	4:33	2	0:01	3	0:01	12.63	58:13	4:36	1	-	2	0:01
VP3 - Oranienbur	5.47	25:21	4:38	3	1:35	6	1:35	18.10	1:23:34	4:37	2	1:35	3	1:35
VP4 - Naturschut	4.97	23:30	4:43	2	0:21	3	0:21	23.07	1:47:04	4:38	2	1:56	3	1:56
VP5 - Frohnau	6.80	33:35	4:56	3	3:09	8	3:17	29.87	2:20:39	4:42	2	5:05	3	5:07
VP6 - Ruderclub	4.06	21:53	5:23	3	3:23	8	3:24	33.93	2:42:32	4:47	2	8:28	4	8:31
VP7 - Grenzturm	4.75	23:34	4:57	3	1:16	6	2:46	38.68	3:06:06	4:48	3	9:44	6	11:17
VP8 - Schönwald	7.53	39:26	5:14	2	1:41	5	3:50	46.21	3:45:32	4:52	2	11:25	5	15:07
VP9 - Falkenseer	5.69	31:58	5:37	3	1:26	7	4:50	51.90	4:17:30	4:57	2	12:51	5	19:57
VP10 - Karolinenl	6.60	37:30	5:40	2	2:28	5	7:21	58.50	4:55:00	5:02	2	12:28	5	27:18
VP11 - Pagel & Fi	4.90	29:38	6:02	4	2:56	9	6:53	63.40	5:24:38	5:07	2	15:15	5	34:11
VP12 - Schloss S	7.62	48:01	6:18	4	4:35	10	12:14	71.02	6:12:39	5:14	3	19:41	6	46:25
VP13 - Revierförs	6.21	38:58	6:16	4	3:44	7	9:18	77.23	6:51:37	5:19	3	21:56	6	55:43
VP14 - Brauhaus	6.00	38:33	6:25	4	4:21	9	9:01	83.23	7:30:10	5:24	3	22:34	6	1:04:44
VP15 - Gedenkst.	6.90	44:04	6:23	3	7:56	7	9:21	90.13	8:14:14	5:29	3	20:38	6	1:14:05
VP16 - Königswe	6.87	46:29	6:45	2	1:40	7	12:45	97.00	9:00:43	5:34	3	18:50	5	1:26:50
VP17 - Sportplatz	6.20	45:45	7:22	5	11:09	16	14:08	103.20	9:46:28	5:40	4	27:28	6	1:40:58
VP18 - Osdorfer	6.49	46:07	7:06	4	2:51	16	12:10	109.69	10:32:35	5:46	3	30:19	5	1:53:08
VP19 - Lichtenra	5.71	40:19	7:03	5	5:16	18	11:00	115.40	11:12:54	5:49	4	31:18	6	2:04:08
VP20 - Kirchhain	4.35	32:38	7:30	4	2:58	19	8:20	119.75	11:45:32	5:53	4	34:16	6	2:12:28
VP21 - Buckow	6.15	43:51	7:07	5	5:29	16	8:51	125.90	12:29:23	5:57	4	36:21	7	2:21:19
VP22 - Rudow	4.97	32:32	6:32	2	2:13	6	11:09	130.87	13:01:55	5:58	4	27:08	7	2:25:12
VP23 - Johannistl	5.89	37:16	6:19	2	0:25	3	3:35	136.76	13:39:11	5:59	4	26:06	7	2:28:47
VP24 - Dammwe	5.64	38:00	6:44	3	6:19	9	6:19	142.40	14:17:11	6:01	3	32:25	6	2:34:45
VP25 - Eas Side	6.33	54:02	8:32	9	16:42	22	16:42	148.73	15:11:13	6:07	3	49:07	6	2:48:43
VP26 - Checkpoir	4.22	35:22	8:22	7	12:29	25	12:29	152.95	15:46:35	6:11	3	1:01:36	6	3:00:01
VP27 - Gedenkst.	4.12	41:00	9:57	9	16:17	54	16:17	157.07	16:27:35	6:17	3	1:17:53	6	3:14:37
Friedrich-Ludwig	4.78	31:48	6:39	6	7:25	15	7:25	161.85	16:59:23	6:17	3	1:25:18	6	3:19:12