



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Daum, Stefan

Club: LG DUV

Number: 323

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 17:06:26

Speed: 9.41 km/h

Running performance: 6:20 min/km

Rank in course/Total: 9 (of 296)

Rank in course/Men: 8 (of 247)

Best time in course: 13:40:11

Rank in category: 3(of 38)

Best time in the category: 15:35:03

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