



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Tehrani, Ash

Club: UK

Number: 34

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M30 (30-34 Jahre)

Total time: 19:11:32

Speed: 8.39 km/h

Running performance: 7:07 min/km

Rank in course/Total: 19 (of 296)

Rank in course/Men: 18 (of 247)

Best time in course: 13:40:11

Rank in category: 2(of 12)

Best time in the category: 18:26:45

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	32:36	4:42	1	-	4	0:20	6.93	32:36	4:42	1	-	4	0:20
VP2 - Laufftreff Li	5.70	27:10	4:45	1	-	5	1:14	12.63	59:46	4:43	1	-	4	1:34
VP3 - Oranienbur	5.47	25:58	4:44	1	-	7	2:12	18.10	1:25:44	4:44	1	-	7	3:45
VP4 - Naturschut	4.97	24:38	4:57	1	-	6	1:29	23.07	1:50:22	4:47	1	-	6	5:14
VP5 - Frohnau	6.80	35:15	5:11	2	0:14	10	4:57	29.87	2:25:37	4:52	1	-	8	10:05
VP6 - Ruderclub	4.06	22:16	5:29	1	-	10	3:47	33.93	2:47:53	4:56	1	-	8	13:52
VP7 - Grenzturm	4.75	30:53	6:30	3	6:08	67	10:05	38.68	3:18:46	5:08	1	-	9	23:57
VP8 - Schönwald	7.53	49:09	6:31	2	8:44	40	13:33	46.21	4:07:55	5:21	2	6:32	10	37:30
VP9 - Falkenseer	5.69	34:52	6:07	2	2:05	16	7:44	51.90	4:42:47	5:26	2	8:37	10	45:14
VP10 - Karolinenl	6.60	41:46	6:19	2	3:18	20	11:37	58.50	5:24:33	5:32	2	11:55	13	56:51
VP11 - Pagel & Fi	4.90	34:24	7:01	2	4:41	32	11:39	63.40	5:58:57	5:39	2	16:36	15	1:08:30
VP12 - Schloss S	7.62	1:07:34	8:52	8	14:26	86	31:47	71.02	7:06:31	6:00	2	31:02	17	1:40:17
VP13 - Revierförs	6.21	46:04	7:25	3	4:36	35	16:24	77.23	7:52:35	6:07	2	35:38	17	1:56:41
VP14 - Brauhaus	6.00	44:29	7:24	2	2:04	28	14:57	83.23	8:37:04	6:12	2	37:42	16	2:11:38
VP15 - Gedenkst.	6.90	51:07	7:24	2	5:19	35	16:24	90.13	9:28:11	6:18	2	43:01	16	2:28:02
VP16 - Königswe	6.87	47:51	6:57	1	-	10	14:07	97.00	10:16:02	6:21	2	38:26	15	2:42:09
VP17 - Sportplatz	6.20	1:13:55	11:55	6	30:37	115	42:18	103.20	11:29:57	6:41	2	1:09:03	23	3:24:27
VP18 - Osdorfer	6.49	41:01	6:19	1	-	3	7:04	109.69	12:10:58	6:39	2	1:04:54	20	3:31:31
VP19 - Lichtenra	5.71	35:07	6:09	1	-	4	5:48	115.40	12:46:05	6:38	2	53:08	17	3:37:19
VP20 - Kirchhain	4.35	30:16	6:57	1	-	7	5:58	119.75	13:16:21	6:39	2	51:51	16	3:43:17
VP21 - Buckow	6.15	42:39	6:56	1	-	12	7:39	125.90	13:59:00	6:39	2	49:54	16	3:50:56
VP22 - Rudow	4.97	35:23	7:07	1	-	10	14:00	130.87	14:34:23	6:40	2	43:02	16	3:57:40
VP23 - Johannistl	5.89	46:48	7:56	1	-	18	13:07	136.76	15:21:11	6:44	2	34:34	16	4:10:47
VP24 - Dammwe	5.64	44:08	7:49	1	-	17	12:27	142.40	16:05:19	6:46	2	32:41	16	4:22:53
VP25 - Eas Side	6.33	58:37	9:15	5	4:37	36	21:17	148.73	17:03:56	6:53	2	37:18	17	4:41:26
VP26 - Checkpoir	4.22	45:21	10:44	9	11:59	112	22:28	152.95	17:49:17	6:59	2	42:16	16	5:02:43
VP27 - Gedenkst.	4.12	35:41	8:39	2	0:49	25	10:58	157.07	18:24:58	7:02	2	35:28	18	5:12:00
Friedrich-Ludwig	4.78	46:34	9:44	5	11:17	94	22:11	161.85	19:11:32	7:06	2	44:47	18	5:31:21