



# 100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

## Detalizēti rezultāti

**Tehrani, Ash**

Klubs: UK

Numurs: 34

Posms: 161.85 km

100MeilenBerlin

Grupa:

Senioren M30 (30-34 Jahre)

**Kopējais laiks: 19:11:32**

Ātrums: 8.39 km/h

Skrējiena izpildījums: 7:07 min/km

Vieta distancē/Kopā: 19 (no 296)

Vieta distancē/Vīrieši: 18 (no 247)

Distances labākais laiks: 13:40:11

Vieta grupā: 2(no 12)

Grupas labākais laiks: 18:26:45

### Vidējie laiki

### Posma rezultāts

### Kopējais rezultāts

| Kontrolpunkts      | Posma rezultāts |             |              | Vietāztrūkums:Vietāztrūkums |       |         |         | Kopā    |            |             | Vietāztrūkums:Vietāztrūkums |         |         |         |
|--------------------|-----------------|-------------|--------------|-----------------------------|-------|---------|---------|---------|------------|-------------|-----------------------------|---------|---------|---------|
|                    | Posma km        | Posma Laiks | Posma min/km | grupā                       | grupā | Vīrieši | Vīrieši | Kopā km | Kopā Laiks | Kopā min/km | grupā                       | grupā   | Vīrieši | Vīrieši |
| 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 L | 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 - Johannist   | 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 |