/vz/root/101 rsync can not be an option if container is stopped as it would be empty.
for that reason usually it is recommended backup /vz/private/101.

there is few articles regarding backup of CT:
 https://wiki.openvz.org/Backup_of_a_running_container_with_v zdump
https://wiki.openvz.org/Ploop/Backup

however please note that vzdump is product made by proxmox, not by openvz project.