



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## Detailauswertung

**Gnauert, René**

Verein: Berlin  
Startnummer: 145

Strecke: 160,90 km  
100MeilenBerlin

Kategorie:  
Senioren M40 (40-44 Jahre)

**Gesamt-Zeit: 28:28:11**

Geschwindigkeit: 5,62 km/h  
Laufleistung: 10:37 min/km

Strecken-Platzierung/Gesamt: 196 (von 246)

Strecken-Platzierung/Männer: 170 (von 211)

Bestzeit der Strecke: 13:06:52

Kategorie-Platzierung: 30(von 36)

Bestzeit in der Kategorie: 15:19:46

| Kontrolle         | Zwischenzeiten |            |              |            |              |              |                |           | Teilstreckenwertung |               |            |              |              |                |  |  | Gesamtwertung |  |  |  |
|-------------------|----------------|------------|--------------|------------|--------------|--------------|----------------|-----------|---------------------|---------------|------------|--------------|--------------|----------------|--|--|---------------|--|--|--|
|                   | Split km       | Split Zeit | Split min/km | Platz Kat. | Rückst. Kat. | Platz Männer | Rückst. Männer | Gesamt km | Gesamt Zeit         | Gesamt min/km | Platz Kat. | Rückst. Kat. | Platz Männer | Rückst. Männer |  |  |               |  |  |  |
| VP1 - Mahnmahl P  | 9,02           | 1:10:23    | 7:48         | 33         | 24:37        | 174          | 29:27          | 9,02      | 1:10:23             | 7:48          | 33         | 24:37        | 174          | 29:27          |  |  |               |  |  |  |
| VP2 - Schlesi     | 5,98           | 43:41      | 7:18         | 32         | 15:17        | 170          | 17:35          | 15,00     | 1:54:04             | 7:36          | 33         | 39:54        | 173          | 47:02          |  |  |               |  |  |  |
| VP3 - Sonnenalle  | 6,00           | 42:00      | 7:00         | 30         | 12:53        | 147          | 16:22          | 21,00     | 2:36:04             | 7:25          | 32         | 52:47        | 168          | 1:03:24        |  |  |               |  |  |  |
| VP4 - Stubenrauc  | 5,73           | 42:53      | 7:29         | 32         | 14:17        | 176          | 17:38          | 26,73     | 3:18:57             | 7:26          | 32         | 1:06:42      | 171          | 1:21:02        |  |  |               |  |  |  |
| VP5 - U-Bahnhof   | 4,30           | 36:07      | 8:23         | 30         | 11:40        | 167          | 15:00          | 31,03     | 3:55:04             | 7:34          | 32         | 1:16:09      | 172          | 1:34:56        |  |  |               |  |  |  |
| VP6 - Buckower I  | 5,40           | 43:31      | 8:03         | 29         | 13:46        | 170          | 18:08          | 36,43     | 4:38:35             | 7:38          | 32         | 1:25:45      | 171          | 1:53:03        |  |  |               |  |  |  |
| VP7 - Kirchhainer | 5,54           | 42:09      | 7:36         | 27         | 11:04        | 128          | 15:58          | 41,97     | 5:20:44             | 7:38          | 32         | 1:36:18      | 167          | 2:08:24        |  |  |               |  |  |  |
| VP8 - Lichtenrad  | 4,42           | 34:51      | 7:53         | 27         | 11:08        | 148          | 14:38          | 46,39     | 5:55:35             | 7:39          | 32         | 1:45:22      | 166          | 2:23:02        |  |  |               |  |  |  |
| VP9 - Osdorfer St | 5,77           | 45:00      | 7:47         | 24         | 14:05        | 130          | 18:48          | 52,16     | 6:40:35             | 7:40          | 32         | 1:58:41      | 163          | 2:41:12        |  |  |               |  |  |  |
| VP10 - Sportplatz | 6,41           | 1:00:23    | 9:25         | 28         | 24:26        | 146          | 31:35          | 58,57     | 7:40:58             | 7:52          | 29         | 2:23:07      | 159          | 3:11:13        |  |  |               |  |  |  |
| VP11 - Königsw    | 6,18           | 55:36      | 8:59         | 27         | 21:54        | 155          | 26:43          | 64,75     | 8:36:34             | 7:58          | 30         | 2:39:53      | 156          | 3:37:05        |  |  |               |  |  |  |
| VP12 - Gedenkst   | 6,18           | 56:31      | 9:08         | 22         | 22:15        | 122          | 25:04          | 70,93     | 9:33:05             | 8:04          | 27         | 3:00:49      | 154          | 4:01:28        |  |  |               |  |  |  |
| VP13 - Brauhaus   | 6,84           | 1:24:00    | 12:16        | 31         | 43:52        | 182          | 1:00:23        | 77,77     | 10:57:05            | 8:26          | 29         | 3:41:40      | 168          | 4:53:05        |  |  |               |  |  |  |
| VP14 - Revierförs | 6,06           | 55:06      | 9:05         | 24         | 21:36        | 141          | 25:42          | 83,83     | 11:52:11            | 8:29          | 29         | 4:03:16      | 168          | 5:18:47        |  |  |               |  |  |  |
| VP15 - Schloß Sa  | 6,20           | 1:18:59    | 12:44        | 29         | 43:31        | 163          | 49:12          | 90,03     | 13:11:10            | 8:47          | 29         | 4:46:47      | 165          | 6:07:59        |  |  |               |  |  |  |
| VP16 - Pagel & Fi | 7,63           | 1:22:50    | 10:51        | 29         | 40:29        | 167          | 46:26          | 97,66     | 14:34:00            | 8:56          | 29         | 5:27:16      | 167          | 6:53:58        |  |  |               |  |  |  |
| VP17 - Wilhelmst  | 4,84           | 55:02      | 11:22        | 30         | 26:18        | 177          | 29:55          | 102,50    | 15:29:02            | 9:03          | 29         | 5:53:34      | 166          | 7:23:53        |  |  |               |  |  |  |
| VP18 - Falkensee  | 6,58           | 1:12:31    | 11:01        | 29         | 35:59        | 164          | 39:03          | 109,08    | 16:41:33            | 9:10          | 29         | 6:29:33      | 168          | 8:02:13        |  |  |               |  |  |  |
| VP19 - Schönwal   | 5,70           | 1:32:13    | 16:10        | 32         | 58:15        | 186          | 1:03:24        | 114,78    | 18:13:46            | 9:31          | 30         | 7:27:48      | 172          | 9:05:37        |  |  |               |  |  |  |
| VP20 - Grenzturn  | 7,53           | 1:35:34    | 12:41        | 29         | 52:34        | 171          | 1:00:58        | 122,31    | 19:49:20            | 9:43          | 30         | 8:20:22      | 173          | 10:02:25       |  |  |               |  |  |  |
| VP21 - Ruderclub  | 4,78           | 1:31:22    | 19:06        | 31         | 1:01:17      | 181          | 1:08:01        | 127,09    | 21:20:42            | 10:04         | 31         | 9:21:31      | 176          | 11:10:26       |  |  |               |  |  |  |
| VP22 - Frohnau (  | 4,03           | 51:42      | 12:49        | 28         | 27:38        | 163          | 30:10          | 131,12    | 22:12:24            | 10:09         | 31         | 9:48:31      | 176          | 11:40:36       |  |  |               |  |  |  |
| VP23 - Naturschu  | 6,78           | 1:36:46    | 14:16        | 31         | 56:09        | 172          | 1:03:00        | 137,90    | 23:49:10            | 10:21         | 31         | 10:43:22     | 174          | 12:43:36       |  |  |               |  |  |  |
| VP24 - Oranienbu  | 4,75           | 1:06:19    | 13:57        | 29         | 37:16        | 167          | 40:27          | 142,65    | 24:55:29            | 10:29         | 31         | 11:20:38     | 175          | 13:23:29       |  |  |               |  |  |  |
| VP25 - Lübars     | 5,69           | 1:05:52    | 11:34        | 25         | 32:59        | 140          | 36:32          | 148,34    | 26:01:21            | 10:31         | 31         | 11:53:37     | 175          | 14:00:01       |  |  |               |  |  |  |
| VP26 - S-Bahnh    | 5,71           | 1:09:10    | 12:06        | 25         | 35:17        | 149          | 39:29          | 154,05    | 27:10:31            | 10:35         | 31         | 12:28:54     | 173          | 14:39:30       |  |  |               |  |  |  |
| VP27 - Wollankst  | 3,09           | 28:41      | 9:16         | 28         | 16:20        | 155          | 16:20          | 157,14    | 27:39:12            | 10:33         | 31         | 12:43:12     | 171          | 14:54:26       |  |  |               |  |  |  |
| Friedrich-Ludwig  | 3,76           | 48:59      | 13:01        | 29         | 25:13        | 158          | 28:22          | 160,90    | 28:28:11            | 10:36         | 31         | 13:08:25     | 173          | 15:21:19       |  |  |               |  |  |  |