



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailauswertung

Pflügler, Christian

Verein: 6h-Lauf-Münster

Startnummer: 51

Strecke: 160,90 km

100MeilenBerlin

Kategorie:

Senioren M45 (45-49 Jahre)

Gesamt-Zeit: 29:03:23

Geschwindigkeit: 5,51 km/h

Laufleistung: 10:50 min/km

Strecken-Platzierung/Gesamt: 201 (von 246)

Strecken-Platzierung/Männer: 174 (von 211)

Bestzeit der Strecke: 13:06:52

Kategorie-Platzierung: 33(von 43)

Bestzeit in der Kategorie: 16:18:36

Zwischenzeiten

Teilstreckenwertung

Gesamtwertung

| Kontrolle | Split | | | Platz Rückst. | | | | Gesamt | | | | | | |
|-------------------|-------|---------|--------|---------------|---------|--------|---------|--------|----------|--------|------|----------|--------|----------|
| | km | Zeit | min/km | Kat. | Kat. | Männer | Männer | km | Zeit | min/km | Kat. | Kat. | Männer | Männer |
| VP1 - Mahnmal P | 9,02 | 58:36 | 6:29 | 17 | 16:15 | 69 | 17:40 | 9,02 | 58:36 | 6:29 | 17 | 16:15 | 69 | 17:40 |
| VP2 - Schlesische | 5,98 | 38:55 | 6:30 | 25 | 11:27 | 112 | 12:49 | 15,00 | 1:37:31 | 6:30 | 22 | 27:42 | 89 | 30:29 |
| VP3 - Sonnenalle | 6,00 | 38:39 | 6:26 | 24 | 10:26 | 95 | 13:01 | 21,00 | 2:16:10 | 6:29 | 22 | 38:08 | 89 | 43:30 |
| VP4 - Stubenrauc | 5,73 | 37:40 | 6:34 | 23 | 11:01 | 107 | 12:25 | 26,73 | 2:53:50 | 6:30 | 23 | 49:09 | 95 | 55:55 |
| VP5 - U-Bahnhof | 4,30 | 35:11 | 8:10 | 34 | 13:28 | 151 | 14:04 | 31,03 | 3:29:01 | 6:44 | 24 | 1:02:37 | 100 | 1:08:53 |
| VP6 - Buckower I | 5,40 | 40:57 | 7:34 | 31 | 13:13 | 143 | 15:34 | 36,43 | 4:09:58 | 6:51 | 25 | 1:15:50 | 103 | 1:24:26 |
| VP7 - Kirchhainer | 5,54 | 47:12 | 8:31 | 36 | 17:21 | 173 | 21:01 | 41,97 | 4:57:10 | 7:04 | 29 | 1:33:11 | 120 | 1:44:50 |
| VP8 - Lichtenrad | 4,42 | 35:16 | 7:58 | 33 | 11:23 | 149 | 15:03 | 46,39 | 5:32:26 | 7:09 | 28 | 1:44:21 | 121 | 1:59:53 |
| VP9 - Osdorfer St | 5,77 | 46:07 | 7:59 | 31 | 15:08 | 144 | 19:55 | 52,16 | 6:18:33 | 7:15 | 29 | 1:55:10 | 125 | 2:19:10 |
| VP10 - Sportplatz | 6,41 | 1:18:43 | 12:16 | 38 | 44:47 | 188 | 49:55 | 58,57 | 7:37:16 | 7:48 | 31 | 2:39:57 | 152 | 3:07:31 |
| VP11 - Königsw | 6,18 | 50:04 | 8:06 | 24 | 15:31 | 117 | 21:11 | 64,75 | 8:27:20 | 7:50 | 31 | 2:48:21 | 142 | 3:27:51 |
| VP12 - Gedenkst | 6,18 | 1:03:16 | 10:14 | 31 | 25:17 | 161 | 31:49 | 70,93 | 9:30:36 | 8:02 | 31 | 3:13:38 | 148 | 3:58:59 |
| VP13 - Brauhaus | 6,84 | 1:06:33 | 9:43 | 30 | 40:36 | 152 | 42:56 | 77,77 | 10:37:09 | 8:11 | 31 | 3:37:30 | 151 | 4:33:09 |
| VP14 - Revierförs | 6,06 | 1:01:39 | 10:10 | 32 | 24:14 | 176 | 32:15 | 83,83 | 11:38:48 | 8:20 | 31 | 3:59:51 | 155 | 5:05:24 |
| VP15 - Schloß Sa | 6,20 | 1:42:13 | 16:29 | 36 | 1:03:32 | 189 | 1:12:26 | 90,03 | 13:21:01 | 8:53 | 35 | 5:00:31 | 171 | 6:17:50 |
| VP16 - Pagel & Fi | 7,63 | 1:27:09 | 11:25 | 34 | 40:03 | 176 | 50:45 | 97,66 | 14:48:10 | 9:05 | 35 | 5:40:34 | 174 | 7:08:08 |
| VP17 - Wilhelmst | 4,84 | 54:57 | 11:21 | 34 | 23:55 | 176 | 29:50 | 102,50 | 15:43:07 | 9:12 | 35 | 6:02:53 | 174 | 7:37:58 |
| VP18 - Falkensee | 6,58 | 1:38:19 | 14:56 | 36 | 1:04:51 | 184 | 1:04:51 | 109,08 | 17:21:26 | 9:32 | 35 | 7:00:15 | 176 | 8:42:06 |
| VP19 - Schönwal | 5,70 | 1:31:29 | 16:02 | 36 | 54:51 | 184 | 1:02:40 | 114,78 | 18:52:55 | 9:52 | 34 | 7:52:53 | 177 | 9:44:46 |
| VP20 - Grenzturn | 7,53 | 2:17:18 | 18:14 | 36 | 1:42:42 | 186 | 1:42:42 | 122,31 | 21:10:13 | 10:23 | 34 | 9:19:43 | 179 | 11:23:18 |
| VP21 - Ruderclub | 4,78 | 1:39:51 | 20:53 | 35 | 1:06:56 | 183 | 1:16:30 | 127,09 | 22:50:04 | 10:46 | 34 | 10:26:39 | 179 | 12:39:48 |
| VP22 - Frohnau (| 4,03 | 56:33 | 14:01 | 34 | 30:02 | 177 | 35:01 | 131,12 | 23:46:37 | 10:52 | 34 | 10:56:41 | 179 | 13:14:49 |
| VP23 - Naturschu | 6,78 | 1:18:51 | 11:37 | 26 | 34:45 | 132 | 45:05 | 137,90 | 25:05:28 | 10:55 | 34 | 11:31:26 | 179 | 13:59:54 |
| VP24 - Oranienbu | 4,75 | 49:33 | 10:25 | 19 | 16:18 | 88 | 23:41 | 142,65 | 25:55:01 | 10:54 | 34 | 11:47:02 | 179 | 14:23:01 |
| VP25 - Lübars | 5,69 | 55:38 | 9:46 | 17 | 17:57 | 81 | 26:18 | 148,34 | 26:50:39 | 10:51 | 34 | 12:04:59 | 179 | 14:49:19 |
| VP26 - S-Bahnh | 5,71 | 1:03:49 | 11:10 | 26 | 24:15 | 124 | 34:08 | 154,05 | 27:54:28 | 10:52 | 34 | 12:26:30 | 177 | 15:23:27 |
| VP27 - Wollankst | 3,09 | 24:32 | 7:56 | 20 | 7:46 | 97 | 12:11 | 157,14 | 28:19:00 | 10:48 | 34 | 12:32:08 | 176 | 15:34:14 |
| Friedrich-Ludwig | 3,76 | 44:23 | 11:48 | 26 | 19:25 | 128 | 23:46 | 160,90 | 29:03:23 | 10:50 | 33 | 12:44:47 | 177 | 15:56:31 |