



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

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Club: LG Mauerweg Berlin e.V.

Number: 219

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 21:23:38

Speed: 7.48 km/h

Running performance: 7:59 min/km

Rank in course/Total: 55 (of 246)

Rank in course/Men: 52 (of 211)

Best time in course: 13:06:52

Rank in category: 15(of 36)

Best time in the category: 15:19:46

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 - Mahnmahl P	9.02	1:03:44	7:03	31	17:58	137	22:48	9.02	1:03:44	7:03	31	17:58	137	22:48
VP2 - Schlesiische	5.98	38:16	6:23	25	9:52	102	12:10	15.00	1:42:00	6:47	28	27:50	116	34:58
VP3 - Sonnenalle	6.00	35:40	5:56	17	6:33	58	10:02	21.00	2:17:40	6:33	25	34:23	97	45:00
VP4 - Stubenrauc	5.73	35:54	6:15	21	7:18	80	10:39	26.73	2:53:34	6:29	24	41:19	94	55:39
VP5 - U-Bahnhof	4.30	30:53	7:10	23	6:26	81	9:46	31.03	3:24:27	6:35	23	45:32	89	1:04:19
VP6 - Buckower I	5.40	37:28	6:56	20	7:43	88	12:05	36.43	4:01:55	6:38	23	49:05	90	1:16:23
VP7 - Kirchhainer	5.54	37:51	6:49	19	6:46	71	11:40	41.97	4:39:46	6:39	23	55:20	87	1:27:26
VP8 - Lichtenradi	4.42	30:31	6:54	17	6:48	76	10:18	46.39	5:10:17	6:41	22	1:00:04	86	1:37:44
VP9 - Osdorfer St	5.77	39:56	6:55	18	9:01	67	13:44	52.16	5:50:13	6:42	20	1:08:19	80	1:50:50
VP10 - Sportplatz	6.41	49:24	7:42	18	13:27	72	20:36	58.57	6:39:37	6:49	20	1:21:46	74	2:09:52
VP11 - Königsw	6.18	45:56	7:25	16	12:14	77	17:03	64.75	7:25:33	6:52	18	1:28:52	75	2:26:04
VP12 - Gedenkst	6.18	46:37	7:32	11	12:21	42	15:10	70.93	8:12:10	6:56	18	1:39:54	71	2:40:33
VP13 - Brauhaus	6.84	47:19	6:55	12	7:11	40	23:42	77.77	8:59:29	6:56	18	1:44:04	68	2:55:29
VP14 - Revierförs	6.06	49:21	8:08	16	15:51	82	19:57	83.83	9:48:50	7:01	17	1:59:55	66	3:15:26
VP15 - Schloß Sa	6.20	1:01:11	9:52	18	25:43	81	31:24	90.03	10:50:01	7:13	18	2:25:38	67	3:46:50
VP16 - Pagel & Fi	7.63	1:00:10	7:53	12	17:49	57	23:46	97.66	11:50:11	7:16	18	2:43:27	62	4:10:09
VP17 - Wilhelmst	4.84	38:06	7:52	12	9:22	56	12:59	102.50	12:28:17	7:18	18	2:52:49	62	4:23:08
VP18 - Falkensee	6.58	51:34	7:50	11	15:02	48	18:06	109.08	13:19:51	7:19	18	3:07:51	61	4:40:31
VP19 - Schönwal	5.70	51:20	9:00	17	17:22	63	22:31	114.78	14:11:11	7:24	18	3:25:13	58	5:03:02
VP20 - Grenzturn	7.53	1:11:57	9:33	18	28:57	87	37:21	122.31	15:23:08	7:32	17	3:54:10	58	5:36:13
VP21 - Ruderclub	4.78	52:39	11:00	20	22:34	78	29:18	127.09	16:15:47	7:40	17	4:16:36	57	6:05:31
VP22 - Frohnau (4.03	38:36	9:34	16	14:32	72	17:04	131.12	16:54:23	7:44	17	4:30:30	56	6:22:35
VP23 - Naturschu	6.78	1:00:00	8:50	11	19:23	44	26:14	137.90	17:54:23	7:47	17	4:48:35	56	6:48:49
VP24 - Oranienbu	4.75	45:57	9:40	15	16:54	61	20:05	142.65	18:40:20	7:51	16	5:05:29	53	7:08:20
VP25 - Lübars	5.69	50:37	8:53	13	17:44	51	21:17	148.34	19:30:57	7:53	15	5:23:13	52	7:29:37
VP26 - S-Bahnh	5.71	51:36	9:02	14	17:43	61	21:55	154.05	20:22:33	7:56	15	5:40:56	52	7:51:32
VP27 - Wollankst	3.09	24:20	7:52	16	11:59	95	11:59	157.14	20:46:53	7:56	15	5:50:53	52	8:02:07
Friedrich-Ludwig	3.76	36:45	9:46	15	12:59	76	16:08	160.90	21:23:38	7:58	15	6:03:52	52	8:16:46