



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

**Prossel, Martin**

Club: LG Gendorf Wacker Burghausen  
Number: 224

Course: 160.90 km  
100MeilenBerlin

Category:  
Senioren M40 (40-44 Jahre)

Total time: 22:38:23

Speed: 7.07 km/h  
Running performance: 8:26 min/km

Rank in course/Total: 81 (of 246)

Rank in course/Men: 76 (of 211)

Best time in course: 13:06:52

Rank in category: 18(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 - Mahnmal P	9.02	52:21	5:48	7	6:35	27	11:25	9.02	52:21	5:48	7	6:35	27	11:25
VP2 - Schlesische	5.98	32:20	5:24	7	3:56	28	6:14	15.00	1:24:41	5:38	7	10:31	28	17:39
VP3 - Sonnenalle	6.00	33:50	5:38	9	4:43	35	8:12	21.00	1:58:31	5:38	7	15:14	32	25:51
VP4 - Stubenrauc	5.73	34:13	5:58	16	5:37	60	8:58	26.73	2:32:44	5:42	8	20:29	33	34:49
VP5 - U-Bahnhof	4.30	28:38	6:39	14	4:11	49	7:31	31.03	3:01:22	5:50	8	22:27	33	41:14
VP6 - Buckower I	5.40	40:03	7:24	26	10:18	122	14:40	36.43	3:41:25	6:04	12	28:35	41	55:53
VP7 - Kirchhainer	5.54	36:10	6:31	14	5:05	54	9:59	41.97	4:17:35	6:08	11	33:09	43	1:05:15
VP8 - Lichtenradi	4.42	29:07	6:35	15	5:24	56	8:54	46.39	4:46:42	6:10	13	36:29	47	1:14:09
VP9 - Osdorfer St	5.77	37:57	6:34	13	7:02	52	11:45	52.16	5:24:39	6:13	14	42:45	49	1:25:16
VP10 - Sportplatz	6.41	47:22	7:23	13	11:25	59	18:34	58.57	6:12:01	6:21	14	54:10	51	1:42:16
VP11 - Königsw	6.18	48:47	7:53	20	15:05	107	19:54	64.75	7:00:48	6:29	14	1:04:07	53	2:01:19
VP12 - Gedenkst	6.18	49:49	8:03	15	15:33	60	18:22	70.93	7:50:37	6:38	14	1:18:21	49	2:19:00
VP13 - Brauhaus	6.84	59:58	8:46	21	19:50	121	36:21	77.77	8:50:35	6:49	16	1:35:10	58	2:46:35
VP14 - Revierförs	6.06	54:01	8:54	21	20:31	129	24:37	83.83	9:44:36	6:58	16	1:55:41	60	3:11:12
VP15 - Schloß Sa	6.20	1:06:26	10:42	20	30:58	108	36:39	90.03	10:51:02	7:13	19	2:26:39	68	3:47:51
VP16 - Pagel & Fi	7.63	1:06:04	8:39	18	23:43	90	29:40	97.66	11:57:06	7:20	19	2:50:22	69	4:17:04
VP17 - Wilhelmst	4.84	44:37	9:13	21	15:53	120	19:30	102.50	12:41:43	7:25	19	3:06:15	72	4:36:34
VP18 - Falkensee	6.58	1:00:06	9:08	20	23:34	105	26:38	109.08	13:41:49	7:32	19	3:29:49	73	5:02:29
VP19 - Schönwal	5.70	51:40	9:03	18	17:42	65	22:51	114.78	14:33:29	7:36	19	3:47:31	72	5:25:20
VP20 - Grenzturn	7.53	1:12:20	9:36	20	29:20	91	37:44	122.31	15:45:49	7:43	19	4:16:51	73	5:58:54
VP21 - Ruderclub	4.78	49:47	10:24	13	19:42	60	26:26	127.09	16:35:36	7:50	19	4:36:25	71	6:25:20
VP22 - Frohnau (	4.03	40:00	9:55	19	15:56	89	18:28	131.12	17:15:36	7:53	19	4:51:43	71	6:43:48
VP23 - Naturschu	6.78	1:07:41	9:58	17	27:04	81	33:55	137.90	18:23:17	8:00	19	5:17:29	66	7:17:43
VP24 - Oranienbu	4.75	54:15	11:25	21	25:12	125	28:23	142.65	19:17:32	8:06	19	5:42:41	66	7:45:32
VP25 - Lübars	5.69	1:02:54	11:03	22	30:01	120	33:34	148.34	20:20:26	8:13	19	6:12:42	68	8:19:06
VP26 - S-Bahnh	5.71	1:04:01	11:12	21	30:08	127	34:20	154.05	21:24:27	8:20	18	6:42:50	70	8:53:26
VP27 - Wollankst	3.09	27:47	8:59	25	15:26	142	15:26	157.14	21:52:14	8:21	18	6:56:14	70	9:07:28
Friedrich-Ludwig	3.76	46:09	12:16	25	22:23	143	25:32	160.90	22:38:23	8:26	18	7:18:37	76	9:31:31