



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

**Knacksterdt, Achim**

Club: Die Bretzelwetzler, Mainz

Number: 53

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:48:18

Speed: 7.02 km/h

Running performance: 8:30 min/km

Rank in course/Total: 89 (of 246)

Rank in course/Men: 83 (of 211)

Best time in course: 13:06:52

Rank in category: 18(of 43)

Best time in the category: 16:18:36

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| VP1 - Mahnmal P   | 9.02        | 1:01:05       | 6:46            | 22          | 18:44          | 86          | 20:09         | 9.02          | 1:01:05       | 6:46            | 22          | 18:44          | 86         | 20:09         |  |
| VP2 - Schlesische | 5.98        | 35:25         | 5:55            | 13          | 7:57           | 69          | 9:19          | 15.00         | 1:36:30       | 6:26            | 19          | 26:41          | 79         | 29:28         |  |
| VP3 - Sonnenalle  | 6.00        | 36:22         | 6:03            | 14          | 8:09           | 66          | 10:44         | 21.00         | 2:12:52       | 6:19            | 17          | 34:50          | 73         | 40:12         |  |
| VP4 - Stubenrauc  | 5.73        | 34:34         | 6:01            | 14          | 7:55           | 61          | 9:19          | 26.73         | 2:47:26       | 6:15            | 15          | 42:45          | 69         | 49:31         |  |
| VP5 - U-Bahnhof   | 4.30        | 29:58         | 6:58            | 13          | 8:15           | 66          | 8:51          | 31.03         | 3:17:24       | 6:21            | 15          | 51:00          | 69         | 57:16         |  |
| VP6 - Buckower I  | 5.40        | 35:17         | 6:32            | 10          | 7:33           | 57          | 9:54          | 36.43         | 3:52:41       | 6:23            | 14          | 58:33          | 66         | 1:07:09       |  |
| VP7 - Kirchhainer | 5.54        | 37:48         | 6:49            | 13          | 7:57           | 69          | 11:37         | 41.97         | 4:30:29       | 6:26            | 13          | 1:06:30        | 64         | 1:18:09       |  |
| VP8 - Lichtenradi | 4.42        | 30:30         | 6:54            | 18          | 6:37           | 75          | 10:17         | 46.39         | 5:00:59       | 6:29            | 14          | 1:12:54        | 65         | 1:28:26       |  |
| VP9 - Osdorfer St | 5.77        | 39:37         | 6:51            | 13          | 8:38           | 64          | 13:25         | 52.16         | 5:40:36       | 6:31            | 14          | 1:17:13        | 67         | 1:41:13       |  |
| VP10 - Sportplatz | 6.41        | 54:31         | 8:30            | 22          | 20:35          | 103         | 25:43         | 58.57         | 6:35:07       | 6:44            | 16          | 1:37:48        | 70         | 2:05:22       |  |
| VP11 - Königsw    | 6.18        | 46:05         | 7:27            | 17          | 11:32          | 78          | 17:12         | 64.75         | 7:21:12       | 6:48            | 16          | 1:42:13        | 70         | 2:21:43       |  |
| VP12 - Gedenkst   | 6.18        | 49:12         | 7:57            | 12          | 11:13          | 54          | 17:45         | 70.93         | 8:10:24       | 6:54            | 15          | 1:53:26        | 65         | 2:38:47       |  |
| VP13 - Brauhaus   | 6.84        | 1:03:34       | 9:17            | 29          | 37:37          | 141         | 39:57         | 77.77         | 9:13:58       | 7:07            | 19          | 2:14:19        | 78         | 3:09:58       |  |
| VP14 - Revierförs | 6.06        | 1:13:14       | 12:05           | 35          | 35:49          | 185         | 43:50         | 83.83         | 10:27:12      | 7:28            | 21          | 2:48:15        | 91         | 3:53:48       |  |
| VP15 - Schloß Sa  | 6.20        | 56:42         | 9:08            | 12          | 18:01          | 60          | 26:55         | 90.03         | 11:23:54      | 7:35            | 19          | 3:03:24        | 84         | 4:20:43       |  |
| VP16 - Pagel & Fi | 7.63        | 1:11:04       | 9:18            | 26          | 23:58          | 127         | 34:40         | 97.66         | 12:34:58      | 7:43            | 21          | 3:27:22        | 88         | 4:54:56       |  |
| VP17 - Wilhelmst  | 4.84        | 40:41         | 8:24            | 16          | 9:39           | 80          | 15:34         | 102.50        | 13:15:39      | 7:45            | 19          | 3:35:25        | 86         | 5:10:30       |  |
| VP18 - Falkensee  | 6.58        | 56:13         | 8:32            | 19          | 22:45          | 81          | 22:45         | 109.08        | 14:11:52      | 7:48            | 19          | 3:50:41        | 85         | 5:32:32       |  |
| VP19 - Schönwal   | 5.70        | 50:02         | 8:46            | 12          | 13:24          | 56          | 21:13         | 114.78        | 15:01:54      | 7:51            | 18          | 4:01:52        | 84         | 5:53:45       |  |
| VP20 - Grenzturn  | 7.53        | 1:07:17       | 8:56            | 13          | 32:41          | 64          | 32:41         | 122.31        | 16:09:11      | 7:55            | 18          | 4:18:41        | 83         | 6:22:16       |  |
| VP21 - Ruderclub  | 4.78        | 1:02:25       | 13:03           | 22          | 29:30          | 142         | 39:04         | 127.09        | 17:11:36      | 8:07            | 18          | 4:48:11        | 83         | 7:01:20       |  |
| VP22 - Frohnau (  | 4.03        | 38:02         | 9:26            | 15          | 11:31          | 67          | 16:30         | 131.12        | 17:49:38      | 8:09            | 18          | 4:59:42        | 82         | 7:17:50       |  |
| VP23 - Naturschu  | 6.78        | 1:06:32       | 9:48            | 17          | 22:26          | 74          | 32:46         | 137.90        | 18:56:10      | 8:14            | 17          | 5:22:08        | 80         | 7:50:36       |  |
| VP24 - Oranienbu  | 4.75        | 50:21         | 10:35           | 20          | 17:06          | 93          | 24:29         | 142.65        | 19:46:31      | 8:19            | 17          | 5:38:32        | 80         | 8:14:31       |  |
| VP25 - Lübars     | 5.69        | 1:04:51       | 11:23           | 27          | 27:10          | 133         | 35:31         | 148.34        | 20:51:22      | 8:26            | 19          | 6:05:42        | 86         | 8:50:02       |  |
| VP26 - S-Bahnh    | 5.71        | 55:26         | 9:42            | 15          | 15:52          | 78          | 25:45         | 154.05        | 21:46:48      | 8:28            | 18          | 6:18:50        | 83         | 9:15:47       |  |
| VP27 - Wollankst  | 3.09        | 22:34         | 7:18            | 14          | 5:48           | 73          | 10:13         | 157.14        | 22:09:22      | 8:27            | 17          | 6:22:30        | 82         | 9:24:36       |  |
| Friedrich-Ludwig  | 3.76        | 38:56         | 10:21           | 19          | 13:58          | 93          | 18:19         | 160.90        | 22:48:18      | 8:30            | 18          | 6:29:42        | 83         | 9:41:26       |  |