



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt

Number: 1

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 15:51:50

Speed: 10.09 km/h

Running performance: 5:55 min/km

Rank in course/Total: 4 (of 246)

Rank in course/Men: 4 (of 211)

Best time in course: 13:06:52

Rank in category: 2(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	51:23	5:41	4	5:37	14	10:27	9.02	51:23	5:41	4	5:37	14	10:27
VP2 - Schlesische	5.98	31:14	5:13	4	2:50	16	5:08	15.00	1:22:37	5:30	4	8:27	14	15:35
VP3 - Sonnenalle	6.00	29:52	4:58	2	0:45	10	4:14	21.00	1:52:29	5:21	4	9:12	13	19:49
VP4 - Stubenrauc	5.73	28:36	4:59	1	-	8	3:21	26.73	2:21:05	5:16	3	8:50	12	23:10
VP5 - U-Bahnhof	4.30	24:57	5:48	4	0:30	16	3:50	31.03	2:46:02	5:21	3	7:07	12	25:54
VP6 - Buckower I	5.40	38:46	7:10	24	9:01	106	13:23	36.43	3:24:48	5:37	5	11:58	20	39:16
VP7 - Kirchhainer	5.54	31:05	5:36	1	-	11	4:54	41.97	3:55:53	5:37	5	11:27	20	43:33
VP8 - Lichtenradi	4.42	23:45	5:22	2	0:02	7	3:32	46.39	4:19:38	5:35	5	9:25	20	47:05
VP9 - Osdorfer St	5.77	30:55	5:21	1	-	4	4:43	52.16	4:50:33	5:34	5	8:39	17	51:10
VP10 - Sportplatz	6.41	37:00	5:46	3	1:03	12	8:12	58.57	5:27:33	5:35	4	9:42	16	57:48
VP11 - Königsw	6.18	35:01	5:39	3	1:19	8	6:08	64.75	6:02:34	5:35	4	5:53	15	1:03:05
VP12 - Gedenkst	6.18	39:40	6:25	4	5:24	11	8:13	70.93	6:42:14	5:40	4	9:58	14	1:10:37
VP13 - Brauhaus	6.84	40:08	5:52	1	-	7	16:31	77.77	7:22:22	5:41	4	6:57	10	1:18:22
VP14 - Revierförs	6.06	35:59	5:56	3	2:29	7	6:35	83.83	7:58:21	5:42	3	9:26	9	1:24:57
VP15 - Schloß Sa	6.20	40:48	6:34	4	5:20	14	11:01	90.03	8:39:09	5:45	3	14:46	11	1:35:58
VP16 - Pagel & Fi	7.63	46:56	6:09	3	4:35	9	10:32	97.66	9:26:05	5:47	3	19:21	9	1:46:03
VP17 - Wilhelmst	4.84	30:04	6:12	3	1:20	9	4:57	102.50	9:56:09	5:48	3	20:41	9	1:51:00
VP18 - Falkensee	6.58	41:33	6:18	3	5:01	11	8:05	109.08	10:37:42	5:50	3	25:42	10	1:58:22
VP19 - Schönwal	5.70	35:21	6:12	4	1:23	6	6:32	114.78	11:13:03	5:51	3	27:05	7	2:04:54
VP20 - Grenzturn	7.53	45:18	6:00	4	2:18	8	10:42	122.31	11:58:21	5:52	3	29:23	6	2:11:26
VP21 - Ruderclub	4.78	30:23	6:21	3	0:18	5	7:02	127.09	12:28:44	5:53	3	29:33	6	2:18:28
VP22 - Frohnau (4.03	24:45	6:08	3	0:41	6	3:13	131.12	12:53:29	5:53	3	29:36	6	2:21:41
VP23 - Naturschu	6.78	40:37	5:59	1	-	3	6:51	137.90	13:34:06	5:54	3	28:18	6	2:28:32
VP24 - Oranienbu	4.75	29:08	6:07	2	0:05	5	3:16	142.65	14:03:14	5:54	2	28:23	4	2:31:14
VP25 - Lübars	5.69	33:29	5:53	2	0:36	5	4:09	148.34	14:36:43	5:54	2	28:59	4	2:35:23
VP26 - S-Bahnhö	5.71	35:10	6:09	2	1:17	6	5:29	154.05	15:11:53	5:55	2	30:16	4	2:40:52
VP27 - Wollankst	3.09	12:21	3:59	1	-	1	-	157.14	15:24:14	5:52	2	28:14	4	2:39:28
Friedrich-Ludwig	3.76	27:36	7:20	6	3:50	18	6:59	160.90	15:51:50	5:54	2	32:04	4	2:44:58