



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

**Meikstat, Gunnar**

Club: Berlin  
Number: 34

Course: 160.90 km  
100MeilenBerlin

Category:  
Senioren M30 (30-34 Jahre)

Total time: 23:42:53

Speed: 6.78 km/h  
Running performance: 8:50 min/km

Rank in course/Total: 123 (of 246)

Rank in course/Men: 114 (of 211)

Best time in course: 13:06:52

Rank in category: 8(of 16)

Best time in the category: 13:06:52

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	1:01:42	6:50	6	20:46	101	20:46	9.02	1:01:42	6:50	6	20:46	101	20:46
VP2 - Schlesiische	5.98	37:50	6:19	6	11:44	95	11:44	15.00	1:39:32	6:38	6	32:30	99	32:30
VP3 - Sonnenalle	6.00	39:17	6:32	6	13:39	106	13:39	21.00	2:18:49	6:36	6	46:09	99	46:09
VP4 - Stubenrauc	5.73	46:03	8:02	11	20:48	188	20:48	26.73	3:04:52	6:54	8	1:06:57	136	1:06:57
VP5 - U-Bahnhof	4.30	31:17	7:16	6	9:30	86	10:10	31.03	3:36:09	6:57	6	1:16:01	122	1:16:01
VP6 - Buckower I	5.40	36:40	6:47	6	11:16	77	11:17	36.43	4:12:49	6:56	6	1:27:17	111	1:27:17
VP7 - Kirchhainer	5.54	37:58	6:51	6	11:47	74	11:47	41.97	4:50:47	6:55	6	1:38:27	102	1:38:27
VP8 - Lichtenradi	4.42	29:41	6:42	6	9:28	61	9:28	46.39	5:20:28	6:54	6	1:47:55	102	1:47:55
VP9 - Osdorfer St	5.77	42:39	7:23	6	16:27	104	16:27	52.16	6:03:07	6:57	6	2:03:44	102	2:03:44
VP10 - Sportplatz	6.41	41:43	6:30	5	12:55	30	12:55	58.57	6:44:50	6:54	6	2:15:05	85	2:15:05
VP11 - Königsw	6.18	55:41	9:00	10	26:48	156	26:48	64.75	7:40:31	7:06	6	2:41:02	98	2:41:02
VP12 - Gedenkst	6.18	46:35	7:32	6	15:08	41	15:08	70.93	8:27:06	7:08	6	2:55:29	86	2:55:29
VP13 - Brauhaus	6.84	48:39	7:06	6	16:37	49	25:02	77.77	9:15:45	7:08	6	3:11:45	79	3:11:45
VP14 - Revierförs	6.06	1:08:37	11:19	10	39:13	182	39:13	83.83	10:24:22	7:26	6	3:50:58	87	3:50:58
VP15 - Schloß Sa	6.20	58:45	9:28	6	28:58	68	28:58	90.03	11:23:07	7:35	6	4:19:56	83	4:19:56
VP16 - Pagel & Fi	7.63	1:00:03	7:52	8	23:39	56	23:39	97.66	12:23:10	7:36	6	4:43:08	81	4:43:08
VP17 - Wilhelmst	4.84	40:59	8:28	8	15:52	85	15:52	102.50	13:04:09	7:39	6	4:59:00	81	4:59:00
VP18 - Falkensee	6.58	1:10:37	10:43	7	36:26	153	37:09	109.08	14:14:46	7:50	8	5:35:26	91	5:35:26
VP19 - Schönwal	5.70	1:03:27	11:07	7	34:38	144	34:38	114.78	15:18:13	7:59	8	6:10:04	91	6:10:04
VP20 - Grenzturn	7.53	1:10:45	9:23	7	31:59	83	36:09	122.31	16:28:58	8:05	8	6:42:03	90	6:42:03
VP21 - Ruderclub	4.78	1:16:21	15:58	11	53:00	166	53:00	127.09	17:45:19	8:22	8	7:35:03	98	7:35:03
VP22 - Frohnau (	4.03	40:43	10:06	8	19:11	100	19:11	131.12	18:26:02	8:26	8	7:54:14	100	7:54:14
VP23 - Naturschu	6.78	1:16:56	11:20	9	43:10	124	43:10	137.90	19:42:58	8:34	8	8:37:24	110	8:37:24
VP24 - Oranienbu	4.75	58:06	12:13	9	32:14	146	32:14	142.65	20:41:04	8:42	8	9:09:04	112	9:09:04
VP25 - Lübars	5.69	56:32	9:56	10	27:12	95	27:12	148.34	21:37:36	8:44	8	9:36:16	113	9:36:16
VP26 - S-Bahnh	5.71	1:09:28	12:09	10	39:47	151	39:47	154.05	22:47:04	8:52	8	10:16:03	120	10:16:03
VP27 - Wollankst	3.09	22:25	7:15	9	9:51	71	10:04	157.14	23:09:29	8:50	8	10:24:43	120	10:24:43
Friedrich-Ludwig	3.76	33:24	8:52	8	11:18	51	12:47	160.90	23:42:53	8:50	8	10:36:01	114	10:36:01