



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Morstabilini, luca

Club: Soresina Running club

Number: 203

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 16:18:36

Speed: 9.81 km/h

Running performance: 6:05 min/km

Rank in course/Total: 7 (of 246)

Rank in course/Men: 7 (of 211)

Best time in course: 13:06:52

Rank in category: 1(of 43)

Best time in the category: 16:18:36

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