



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Sauerkrenn, Klaus

Club: Freunde des Laufsports

Number: 133

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M30 (30-34 Jahre)

Total time: 16:31:01

Speed: 9.69 km/h

Running performance: 6:10 min/km

Rank in course/Total: 9 (of 246)

Rank in course/Men: 9 (of 211)

Best time in course: 13:06:52

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