



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

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Club: Berlin
Number: 158

Course: 160.90 km
100MeilenBerlin

Category:
Senioren M40 (40-44 Jahre)

Total time: 16:31:01

Speed: 9.69 km/h
Running performance: 6:10 min/km

Rank in course/Total: 10 (of 246)

Rank in course/Men: 9 (of 211)

Best time in course: 13:06:52

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