



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Gnauert, René

Club: Berlin
Number: 145

Course: 160.90 km
100MeilenBerlin

Category:
Senioren M40 (40-44 Jahre)

Total time: 28:28:11

Speed: 5.65 km/h
Running performance: 10:37 min/km

Rank in course/Total: 196 (of 246)

Rank in course/Men: 170 (of 211)

Best time in course: 13:06:52

Rank in category: 30(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 | 1:10:23 | 7:48 | 33 | 24:37 | 174 | 29:27 | 9.02 | 1:10:23 | 7:48 | 33 | 24:37 | 174 | 29:27 |
| VP2 - Schlesische | 5.98 | 43:41 | 7:18 | 32 | 15:17 | 170 | 17:35 | 15.00 | 1:54:04 | 7:36 | 33 | 39:54 | 173 | 47:02 |
| VP3 - Sonnenalle | 6.00 | 42:00 | 7:00 | 30 | 12:53 | 147 | 16:22 | 21.00 | 2:36:04 | 7:25 | 32 | 52:47 | 168 | 1:03:24 |
| VP4 - Stubenrauc | 5.73 | 42:53 | 7:29 | 32 | 14:17 | 176 | 17:38 | 26.73 | 3:18:57 | 7:26 | 32 | 1:06:42 | 171 | 1:21:02 |
| VP5 - U-Bahnhof | 4.30 | 36:07 | 8:23 | 30 | 11:40 | 167 | 15:00 | 31.03 | 3:55:04 | 7:34 | 32 | 1:16:09 | 172 | 1:34:56 |
| VP6 - Buckower I | 5.40 | 43:31 | 8:03 | 29 | 13:46 | 170 | 18:08 | 36.43 | 4:38:35 | 7:38 | 32 | 1:25:45 | 171 | 1:53:03 |
| VP7 - Kirchhainer | 5.54 | 42:09 | 7:36 | 27 | 11:04 | 128 | 15:58 | 41.97 | 5:20:44 | 7:38 | 32 | 1:36:18 | 167 | 2:08:24 |
| VP8 - Lichtenradi | 4.42 | 34:51 | 7:53 | 27 | 11:08 | 148 | 14:38 | 46.39 | 5:55:35 | 7:39 | 32 | 1:45:22 | 166 | 2:23:02 |
| VP9 - Osdorfer St | 5.77 | 45:00 | 7:47 | 24 | 14:05 | 130 | 18:48 | 52.16 | 6:40:35 | 7:40 | 32 | 1:58:41 | 163 | 2:41:12 |
| VP10 - Sportplatz | 6.41 | 1:00:23 | 9:25 | 28 | 24:26 | 146 | 31:35 | 58.57 | 7:40:58 | 7:52 | 29 | 2:23:07 | 159 | 3:11:13 |
| VP11 - Königsw | 6.18 | 55:36 | 8:59 | 27 | 21:54 | 155 | 26:43 | 64.75 | 8:36:34 | 7:58 | 30 | 2:39:53 | 156 | 3:37:05 |
| VP12 - Gedenkst | 6.18 | 56:31 | 9:08 | 22 | 22:15 | 122 | 25:04 | 70.93 | 9:33:05 | 8:04 | 27 | 3:00:49 | 154 | 4:01:28 |
| VP13 - Brauhaus | 6.84 | 1:24:00 | 12:16 | 31 | 43:52 | 182 | 1:00:23 | 77.77 | 10:57:05 | 8:26 | 29 | 3:41:40 | 168 | 4:53:05 |
| VP14 - Revierförs | 6.06 | 55:06 | 9:05 | 24 | 21:36 | 141 | 25:42 | 83.83 | 11:52:11 | 8:29 | 29 | 4:03:16 | 168 | 5:18:47 |
| VP15 - Schloß Sa | 6.20 | 1:18:59 | 12:44 | 29 | 43:31 | 163 | 49:12 | 90.03 | 13:11:10 | 8:47 | 29 | 4:46:47 | 165 | 6:07:59 |
| VP16 - Pagel & Fi | 7.63 | 1:22:50 | 10:51 | 29 | 40:29 | 167 | 46:26 | 97.66 | 14:34:00 | 8:56 | 29 | 5:27:16 | 167 | 6:53:58 |
| VP17 - Wilhelmst | 4.84 | 55:02 | 11:22 | 30 | 26:18 | 177 | 29:55 | 102.50 | 15:29:02 | 9:03 | 29 | 5:53:34 | 166 | 7:23:53 |
| VP18 - Falkensee | 6.58 | 1:12:31 | 11:01 | 29 | 35:59 | 164 | 39:03 | 109.08 | 16:41:33 | 9:10 | 29 | 6:29:33 | 168 | 8:02:13 |
| VP19 - Schönwal | 5.70 | 1:32:13 | 16:10 | 32 | 58:15 | 186 | 1:03:24 | 114.78 | 18:13:46 | 9:31 | 30 | 7:27:48 | 172 | 9:05:37 |
| VP20 - Grenzturn | 7.53 | 1:35:34 | 12:41 | 29 | 52:34 | 171 | 1:00:58 | 122.31 | 19:49:20 | 9:43 | 30 | 8:20:22 | 173 | 10:02:25 |
| VP21 - Ruderclub | 4.78 | 1:31:22 | 19:06 | 31 | 1:01:17 | 181 | 1:08:01 | 127.09 | 21:20:42 | 10:04 | 31 | 9:21:31 | 176 | 11:10:26 |
| VP22 - Frohnau (| 4.03 | 51:42 | 12:49 | 28 | 27:38 | 163 | 30:10 | 131.12 | 22:12:24 | 10:09 | 31 | 9:48:31 | 176 | 11:40:36 |
| VP23 - Naturschu | 6.78 | 1:36:46 | 14:16 | 31 | 56:09 | 172 | 1:03:00 | 137.90 | 23:49:10 | 10:21 | 31 | 10:43:22 | 174 | 12:43:36 |
| VP24 - Oranienbu | 4.75 | 1:06:19 | 13:57 | 29 | 37:16 | 167 | 40:27 | 142.65 | 24:55:29 | 10:29 | 31 | 11:20:38 | 175 | 13:23:29 |
| VP25 - Lübars | 5.69 | 1:05:52 | 11:34 | 25 | 32:59 | 140 | 36:32 | 148.34 | 26:01:21 | 10:31 | 31 | 11:53:37 | 175 | 14:00:01 |
| VP26 - S-Bahnh | 5.71 | 1:09:10 | 12:06 | 25 | 35:17 | 149 | 39:29 | 154.05 | 27:10:31 | 10:35 | 31 | 12:28:54 | 173 | 14:39:30 |
| VP27 - Wollankst | 3.09 | 28:41 | 9:16 | 28 | 16:20 | 155 | 16:20 | 157.14 | 27:39:12 | 10:33 | 31 | 12:43:12 | 171 | 14:54:26 |
| Friedrich-Ludwig | 3.76 | 48:59 | 13:01 | 29 | 25:13 | 158 | 28:22 | 160.90 | 28:28:11 | 10:36 | 31 | 13:08:25 | 173 | 15:21:19 |