



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: 5.62 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-Bahnhö	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