



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

**Pflügler, Christian**

Club: 6h-Lauf-Münster

Number: 51

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 29:03:23

Speed: 5.51 km/h

Running performance: 10:50 min/km

Rank in course/Total: 201 (of 246)

Rank in course/Men: 174 (of 211)

Best time in course: 13:06:52

Rank in category: 33(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	58:36	6:29	17	16:15	69	17:40	9.02	58:36	6:29	17	16:15	69	17:40
VP2 - Schlesische	5.98	38:55	6:30	25	11:27	112	12:49	15.00	1:37:31	6:30	22	27:42	89	30:29
VP3 - Sonnenalle	6.00	38:39	6:26	24	10:26	95	13:01	21.00	2:16:10	6:29	22	38:08	89	43:30
VP4 - Stubenrauc	5.73	37:40	6:34	23	11:01	107	12:25	26.73	2:53:50	6:30	23	49:09	95	55:55
VP5 - U-Bahnhof	4.30	35:11	8:10	34	13:28	151	14:04	31.03	3:29:01	6:44	24	1:02:37	100	1:08:53
VP6 - Buckower I	5.40	40:57	7:34	31	13:13	143	15:34	36.43	4:09:58	6:51	25	1:15:50	103	1:24:26
VP7 - Kirchhainer	5.54	47:12	8:31	36	17:21	173	21:01	41.97	4:57:10	7:04	29	1:33:11	120	1:44:50
VP8 - Lichtenrad	4.42	35:16	7:58	33	11:23	149	15:03	46.39	5:32:26	7:09	28	1:44:21	121	1:59:53
VP9 - Osdorfer St	5.77	46:07	7:59	31	15:08	144	19:55	52.16	6:18:33	7:15	29	1:55:10	125	2:19:10
VP10 - Sportplatz	6.41	1:18:43	12:16	38	44:47	188	49:55	58.57	7:37:16	7:48	31	2:39:57	152	3:07:31
VP11 - Königsw	6.18	50:04	8:06	24	15:31	117	21:11	64.75	8:27:20	7:50	31	2:48:21	142	3:27:51
VP12 - Gedenkst	6.18	1:03:16	10:14	31	25:17	161	31:49	70.93	9:30:36	8:02	31	3:13:38	148	3:58:59
VP13 - Brauhaus	6.84	1:06:33	9:43	30	40:36	152	42:56	77.77	10:37:09	8:11	31	3:37:30	151	4:33:09
VP14 - Revierförs	6.06	1:01:39	10:10	32	24:14	176	32:15	83.83	11:38:48	8:20	31	3:59:51	155	5:05:24
VP15 - Schloß Sa	6.20	1:42:13	16:29	36	1:03:32	189	1:12:26	90.03	13:21:01	8:53	35	5:00:31	171	6:17:50
VP16 - Pagel & Fi	7.63	1:27:09	11:25	34	40:03	176	50:45	97.66	14:48:10	9:05	35	5:40:34	174	7:08:08
VP17 - Wilhelmst	4.84	54:57	11:21	34	23:55	176	29:50	102.50	15:43:07	9:12	35	6:02:53	174	7:37:58
VP18 - Falkensee	6.58	1:38:19	14:56	36	1:04:51	184	1:04:51	109.08	17:21:26	9:32	35	7:00:15	176	8:42:06
VP19 - Schönwal	5.70	1:31:29	16:02	36	54:51	184	1:02:40	114.78	18:52:55	9:52	34	7:52:53	177	9:44:46
VP20 - Grenzturn	7.53	2:17:18	18:14	36	1:42:42	186	1:42:42	122.31	21:10:13	10:23	34	9:19:43	179	11:23:18
VP21 - Ruderclub	4.78	1:39:51	20:53	35	1:06:56	183	1:16:30	127.09	22:50:04	10:46	34	10:26:39	179	12:39:48
VP22 - Frohnau (	4.03	56:33	14:01	34	30:02	177	35:01	131.12	23:46:37	10:52	34	10:56:41	179	13:14:49
VP23 - Naturschu	6.78	1:18:51	11:37	26	34:45	132	45:05	137.90	25:05:28	10:55	34	11:31:26	179	13:59:54
VP24 - Oranienbu	4.75	49:33	10:25	19	16:18	88	23:41	142.65	25:55:01	10:54	34	11:47:02	179	14:23:01
VP25 - Lübars	5.69	55:38	9:46	17	17:57	81	26:18	148.34	26:50:39	10:51	34	12:04:59	179	14:49:19
VP26 - S-Bahnh	5.71	1:03:49	11:10	26	24:15	124	34:08	154.05	27:54:28	10:52	34	12:26:30	177	15:23:27
VP27 - Wollankst	3.09	24:32	7:56	20	7:46	97	12:11	157.14	28:19:00	10:48	34	12:32:08	176	15:34:14
Friedrich-Ludwig	3.76	44:23	11:48	26	19:25	128	23:46	160.90	29:03:23	10:50	33	12:44:47	177	15:56:31