



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

### Springfeldt, Maik

Club: TV Fürstenwalde

Number: 254

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 19:55:44

Speed: 8.03 km/h

Running performance: 7:26 min/km

Rank in course/Total: 38 (of 246)

Rank in course/Men: 36 (of 211)

Best time in course: 13:06:52

Rank in category: 8(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	1:01:36	6:49	23	15:50	99	20:40	9.02	1:01:36	6:49	23	15:50	99	20:40
VP2 - Schlesische	5.98	34:32	5:46	15	6:08	53	8:26	15.00	1:36:08	6:24	18	21:58	72	29:06
VP3 - Sonnenalle	6.00	34:16	5:42	11	5:09	37	8:38	21.00	2:10:24	6:12	17	27:07	62	37:44
VP4 - Stubenrauc	5.73	31:51	5:33	7	3:15	28	6:36	26.73	2:42:15	6:04	13	30:00	52	44:20
VP5 - U-Bahnhof	4.30	27:30	6:23	9	3:03	33	6:23	31.03	3:09:45	6:06	13	30:50	50	49:37
VP6 - Buckower I	5.40	32:56	6:05	7	3:11	28	7:33	36.43	3:42:41	6:06	13	29:51	48	57:09
VP7 - Kirchhainer	5.54	34:56	6:18	11	3:51	41	8:45	41.97	4:17:37	6:08	12	33:11	44	1:05:17
VP8 - Lichtenradi	4.42	26:37	6:01	9	2:54	33	6:24	46.39	4:44:14	6:07	12	34:01	43	1:11:41
VP9 - Osdorfer St	5.77	34:49	6:02	7	3:54	30	8:37	52.16	5:19:03	6:07	9	37:09	38	1:19:40
VP10 - Sportplatz	6.41	49:32	7:43	19	13:35	73	20:44	58.57	6:08:35	6:17	13	50:44	46	1:38:50
VP11 - Königswel	6.18	39:37	6:24	7	5:55	28	10:44	64.75	6:48:12	6:18	9	51:31	40	1:48:43
VP12 - Gedenkst	6.18	45:26	7:21	10	11:10	34	13:59	70.93	7:33:38	6:23	9	1:01:22	41	2:02:01
VP13 - Brauhaus	6.84	46:09	6:44	9	6:01	33	22:32	77.77	8:19:47	6:25	8	1:04:22	39	2:15:47
VP14 - Revierförs	6.06	40:01	6:36	6	6:31	18	10:37	83.83	8:59:48	6:26	8	1:10:53	37	2:26:24
VP15 - Schloß Sa	6.20	1:02:46	10:07	19	27:18	86	32:59	90.03	10:02:34	6:41	9	1:38:11	38	2:59:23
VP16 - Pagel & Fi	7.63	54:31	7:08	6	12:10	28	18:07	97.66	10:57:05	6:43	9	1:50:21	37	3:17:03
VP17 - Wilhelmst	4.84	39:35	8:10	16	10:51	73	14:28	102.50	11:36:40	6:47	9	2:01:12	37	3:31:31
VP18 - Falkensee	6.58	49:10	7:28	9	12:38	40	15:42	109.08	12:25:50	6:50	9	2:13:50	37	3:46:30
VP19 - Schönwal	5.70	40:23	7:05	5	6:25	22	11:34	114.78	13:06:13	6:50	8	2:20:15	35	3:58:04
VP20 - Grenzturn	7.53	1:03:41	8:27	11	20:41	49	29:05	122.31	14:09:54	6:56	8	2:40:56	35	4:22:59
VP21 - Ruderclub	4.78	53:30	11:11	21	23:25	81	30:09	127.09	15:03:24	7:06	9	3:04:13	37	4:53:08
VP22 - Frohnau (	4.03	37:21	9:16	13	13:17	58	15:49	131.12	15:40:45	7:10	9	3:16:52	38	5:08:57
VP23 - Naturschu	6.78	1:05:20	9:38	15	24:43	62	31:34	137.90	16:46:05	7:17	9	3:40:17	38	5:40:31
VP24 - Oranienbu	4.75	45:00	9:28	12	15:57	55	19:08	142.65	17:31:05	7:22	10	3:56:14	40	5:59:05
VP25 - Lübars	5.69	44:07	7:45	8	11:14	24	14:47	148.34	18:15:12	7:22	8	4:07:28	37	6:13:52
VP26 - S-Bahnhö	5.71	46:04	8:04	8	12:11	30	16:23	154.05	19:01:16	7:24	8	4:19:39	36	6:30:15
VP27 - Wollankst	3.09	19:12	6:12	11	6:51	32	6:51	157.14	19:20:28	7:23	8	4:24:28	36	6:35:42
Friedrich-Ludwig	3.76	35:16	9:22	13	11:30	68	14:39	160.90	19:55:44	7:25	8	4:35:58	36	6:48:52