



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Klug, Matthias

Club: LAZ Saarbrücken

Number: 216

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 20:25:58

Speed: 7.83 km/h

Running performance: 7:37 min/km

Rank in course/Total: 42 (of 246)

Rank in course/Men: 40 (of 211)

Best time in course: 13:06:52

Rank in category: 11(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 - Mahnmahl P	9.02	45:46	5:04	1	-	6	4:50	9.02	45:46	5:04	1	-	6	4:50
VP2 - Schlesische	5.98	28:24	4:44	1	-	7	2:18	15.00	1:14:10	4:56	1	-	6	7:08
VP3 - Sonnenalle	6.00	29:07	4:51	1	-	7	3:29	21.00	1:43:17	4:55	1	-	6	10:37
VP4 - Stubenrauc	5.73	28:58	5:03	2	0:22	12	3:43	26.73	2:12:15	4:56	1	-	6	14:20
VP5 - U-Bahnhof	4.30	26:40	6:12	7	2:13	25	5:33	31.03	2:38:55	5:07	1	-	7	18:47
VP6 - Buckower I	5.40	56:06	10:23	34	26:21	191	30:43	36.43	3:35:01	5:54	7	22:11	30	49:29
VP7 - Kirchhainer	5.54	40:56	7:23	25	9:51	112	14:45	41.97	4:15:57	6:05	10	31:31	41	1:03:37
VP8 - Lichtenradi	4.42	27:08	6:08	12	3:25	40	6:55	46.39	4:43:05	6:06	10	32:52	40	1:10:32
VP9 - Osdorfer St	5.77	36:17	6:17	10	5:22	39	10:05	52.16	5:19:22	6:07	10	37:28	39	1:19:59
VP10 - Sportplatz	6.41	40:51	6:22	6	4:54	24	12:03	58.57	6:00:13	6:09	8	42:22	34	1:30:28
VP11 - Königsw	6.18	58:50	9:31	30	25:08	170	29:57	64.75	6:59:03	6:28	13	1:02:22	52	1:59:34
VP12 - Gedenkst	6.18	43:19	7:00	7	9:03	23	11:52	70.93	7:42:22	6:31	12	1:10:06	46	2:10:45
VP13 - Brauhaus	6.84	43:25	6:20	5	3:17	16	19:48	77.77	8:25:47	6:30	11	1:10:22	43	2:21:47
VP14 - Revierförs	6.06	54:47	9:02	23	21:17	138	25:23	83.83	9:20:34	6:41	11	1:31:39	46	2:47:10
VP15 - Schloß Sa	6.20	47:08	7:36	8	11:40	28	17:21	90.03	10:07:42	6:44	10	1:43:19	41	3:04:31
VP16 - Pagel & Fi	7.63	1:10:15	9:12	21	27:54	123	33:51	97.66	11:17:57	6:56	11	2:11:13	43	3:37:55
VP17 - Wilhelmst	4.84	34:15	7:04	7	5:31	24	9:08	102.50	11:52:12	6:56	11	2:16:44	41	3:47:03
VP18 - Falkensee	6.58	46:38	7:05	6	10:06	28	13:10	109.08	12:38:50	6:57	10	2:26:50	39	3:59:30
VP19 - Schönwal	5.70	51:07	8:58	15	17:09	61	22:18	114.78	13:29:57	7:03	10	2:43:59	38	4:21:48
VP20 - Grenzturn	7.53	1:09:14	9:11	17	26:14	73	34:38	122.31	14:39:11	7:11	10	3:10:13	44	4:52:16
VP21 - Ruderclub	4.78	43:11	9:02	10	13:06	35	19:50	127.09	15:22:22	7:15	10	3:23:11	40	5:12:06
VP22 - Frohnau (4.03	37:42	9:21	14	13:38	61	16:10	131.12	16:00:04	7:19	10	3:36:11	41	5:28:16
VP23 - Naturschu	6.78	49:46	7:20	6	9:09	21	16:00	137.90	16:49:50	7:19	10	3:44:02	40	5:44:16
VP24 - Oranienbu	4.75	35:48	7:32	6	6:45	16	9:56	142.65	17:25:38	7:19	9	3:50:47	37	5:53:38
VP25 - Lübars	5.69	50:55	8:56	14	18:02	54	21:35	148.34	18:16:33	7:23	9	4:08:49	38	6:15:13
VP26 - S-Bahnh	5.71	1:04:12	11:14	22	30:19	128	34:31	154.05	19:20:45	7:32	10	4:39:08	39	6:49:44
VP27 - Wollankst	3.09	26:31	8:34	19	14:10	120	14:10	157.14	19:47:16	7:33	10	4:51:16	39	7:02:30
Friedrich-Ludwig	3.76	38:42	10:17	17	14:56	90	18:05	160.90	20:25:58	7:37	11	5:06:12	40	7:19:06