



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Flick, Markus

Club: SF Ennepetal

Number: 243

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:40:10

Speed: 7.74 km/h

Running performance: 7:43 min/km

Rank in course/Total: 44 (of 246)

Rank in course/Men: 42 (of 211)

Best time in course: 13:06:52

Rank in category: 7(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	59:55	6:38	19	17:34	75	18:59	9.02	59:55	6:38	19	17:34	75	18:59
VP2 - Schlesische	5.98	36:27	6:05	17	8:59	81	10:21	15.00	1:36:22	6:25	18	26:33	77	29:20
VP3 - Sonnenalle	6.00	36:16	6:02	13	8:03	63	10:38	21.00	2:12:38	6:18	16	34:36	71	39:58
VP4 - Stubenrauc	5.73	34:34	6:01	14	7:55	61	9:19	26.73	2:47:12	6:15	14	42:31	68	49:17
VP5 - U-Bahnhof	4.30	29:58	6:58	13	8:15	66	8:51	31.03	3:17:10	6:21	14	50:46	67	57:02
VP6 - Buckower I	5.40	36:40	6:47	18	8:56	77	11:17	36.43	3:53:50	6:25	17	59:42	72	1:08:18
VP7 - Kirchhainer	5.54	36:51	6:39	10	7:00	59	10:40	41.97	4:30:41	6:26	15	1:06:42	66	1:18:21
VP8 - Lichtenradi	4.42	30:18	6:51	16	6:25	72	10:05	46.39	5:00:59	6:29	14	1:12:54	65	1:28:26
VP9 - Osdorfer St	5.77	38:47	6:43	11	7:48	57	12:35	52.16	5:39:46	6:30	13	1:16:23	63	1:40:23
VP10 - Sportplatz	6.41	46:35	7:16	12	12:39	53	17:47	58.57	6:26:21	6:35	13	1:29:02	60	1:56:36
VP11 - Königsw	6.18	44:50	7:15	15	10:17	66	15:57	64.75	7:11:11	6:39	13	1:32:12	61	2:11:42
VP12 - Gedenkst	6.18	47:41	7:42	8	9:42	44	16:14	70.93	7:58:52	6:45	13	1:41:54	57	2:27:15
VP13 - Brauhaus	6.84	49:24	7:13	11	23:27	52	25:47	77.77	8:48:16	6:47	11	1:48:37	55	2:44:16
VP14 - Revierförs	6.06	47:52	7:53	14	10:27	60	18:28	83.83	9:36:08	6:52	11	1:57:11	54	3:02:44
VP15 - Schloß Sa	6.20	54:39	8:48	10	15:58	53	24:52	90.03	10:30:47	7:00	9	2:10:17	53	3:27:36
VP16 - Pagel & Fi	7.63	1:04:10	8:24	13	17:04	74	27:46	97.66	11:34:57	7:06	11	2:27:21	53	3:54:55
VP17 - Wilhelmst	4.84	40:58	8:27	18	9:56	84	15:51	102.50	12:15:55	7:10	11	2:35:41	54	4:10:46
VP18 - Falkensee	6.58	54:52	8:20	15	21:24	70	21:24	109.08	13:10:47	7:14	11	2:49:36	55	4:31:27
VP19 - Schönwal	5.70	46:51	8:13	8	10:13	44	18:02	114.78	13:57:38	7:17	10	2:57:36	53	4:49:29
VP20 - Grenzturn	7.53	1:01:08	8:07	9	26:32	45	26:32	122.31	14:58:46	7:20	9	3:08:16	50	5:11:51
VP21 - Ruderclub	4.78	42:21	8:51	7	9:26	32	19:00	127.09	15:41:07	7:24	8	3:17:42	45	5:30:51
VP22 - Frohnau (4.03	37:34	9:19	12	11:03	60	16:02	131.12	16:18:41	7:27	8	3:28:45	48	5:46:53
VP23 - Naturschu	6.78	1:04:46	9:33	12	20:40	60	31:00	137.90	17:23:27	7:34	8	3:49:25	47	6:17:53
VP24 - Oranienbu	4.75	44:42	9:24	11	11:27	53	18:50	142.65	18:08:09	7:37	8	4:00:10	47	6:36:09
VP25 - Lübars	5.69	43:39	7:40	5	5:58	22	14:19	148.34	18:51:48	7:37	8	4:06:08	46	6:50:28
VP26 - S-Bahnh	5.71	53:46	9:24	13	14:12	72	24:05	154.05	19:45:34	7:41	8	4:17:36	45	7:14:33
VP27 - Wollankst	3.09	19:42	6:22	6	2:56	40	7:21	157.14	20:05:16	7:40	7	4:18:24	44	7:20:30
Friedrich-Ludwig	3.76	34:54	9:16	10	9:56	64	14:17	160.90	20:40:10	7:42	7	4:21:34	42	7:33:18