



# 100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

## Detailed evaluation

**Meikstat, Gunnar**

Club: LG KMGS Mahlsdorf

Number: 134

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M30 (30-34 Jahre)

Total time: 22:38:39

Speed: 7.11 km/h

Running performance: 8:23 min/km

Rank in course/Total: 65 (of 296)

Rank in course/Men: 59 (of 247)

Best time in course: 13:40:11

Rank in category: 5(of 12)

Best time in the category: 18:26:45

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 - S-Bahnhof	6.93	44:49	6:28	6	12:13	120	12:33	6.93	44:49	6:28	6	12:13	120	12:33
VP2 - Laufftreff Li	5.70	36:34	6:24	5	9:24	104	10:38	12.63	1:21:23	6:26	5	21:37	107	23:11
VP3 - Oranienbur	5.47	34:35	6:19	5	8:37	94	10:49	18.10	1:55:58	6:24	5	30:14	108	33:59
VP4 - Naturschut	4.97	35:12	7:04	5	10:34	96	12:03	23.07	2:31:10	6:33	5	40:48	99	46:02
VP5 - Frohnau	6.80	43:49	6:26	5	8:48	95	13:31	29.87	3:14:59	6:31	5	49:22	102	59:27
VP6 - Ruderclub	4.06	33:36	8:16	9	11:20	132	15:07	33.93	3:48:35	6:44	5	1:00:42	101	1:14:34
VP7 - Grenzturm	4.75	38:03	8:00	10	13:18	182	17:15	38.68	4:26:38	6:53	6	1:07:52	115	1:31:49
VP8 - Schönwald	7.53	50:23	6:41	3	9:58	53	14:47	46.21	5:17:01	6:51	5	1:15:38	96	1:46:36
VP9 - Falkenseer	5.69	40:07	7:03	3	7:20	56	12:59	51.90	5:57:08	6:52	5	1:22:58	89	1:59:35
VP10 - Karolinenl	6.60	47:12	7:09	3	8:44	48	17:03	58.50	6:44:20	6:54	5	1:31:42	83	2:16:38
VP11 - Pagel & Fi	4.90	36:51	7:31	4	7:08	48	14:06	63.40	7:21:11	6:57	4	1:38:50	71	2:30:44
VP12 - Schloss S	7.62	1:03:34	8:20	2	10:26	57	27:47	71.02	8:24:45	7:06	4	1:49:16	67	2:58:31
VP13 - Revierförs	6.21	45:38	7:20	2	4:10	31	15:58	77.23	9:10:23	7:07	4	1:53:26	62	3:14:29
VP14 - Brauhaus	6.00	49:34	8:15	5	7:09	67	20:02	83.23	9:59:57	7:12	4	2:00:35	64	3:34:31
VP15 - Gedenkst.	6.90	52:21	7:35	3	6:33	43	17:38	90.13	10:52:18	7:14	4	2:07:08	58	3:52:09
VP16 - Königswe	6.87	1:00:44	8:50	7	12:53	73	27:00	97.00	11:53:02	7:21	4	2:15:26	58	4:19:09
VP17 - Sportplatz	6.20	1:06:09	10:40	5	22:51	82	34:32	103.20	12:59:11	7:33	4	2:38:17	58	4:53:41
VP18 - Osdorfer	6.49	51:16	7:53	5	10:15	40	17:19	109.69	13:50:27	7:34	4	2:44:23	56	5:11:00
VP19 - Lichtenra	5.71	48:10	8:26	5	13:03	60	18:51	115.40	14:38:37	7:36	4	2:45:40	56	5:29:51
VP20 - Kirchhain	4.35	46:05	10:35	5	15:49	89	21:47	119.75	15:24:42	7:43	4	3:00:12	58	5:51:38
VP21 - Buckow	6.15	50:54	8:16	5	8:15	42	15:54	125.90	16:15:36	7:44	4	3:06:30	55	6:07:32
VP22 - Rudow	4.97	51:50	10:25	5	16:27	80	30:27	130.87	17:07:26	7:51	5	3:16:05	57	6:30:43
VP23 - Johannistl	5.89	1:08:36	11:38	7	21:48	125	34:55	136.76	18:16:02	8:00	5	3:29:25	60	7:05:38
VP24 - Dammwe	5.64	57:45	10:14	8	13:37	82	26:04	142.40	19:13:47	8:06	5	3:41:09	59	7:31:21
VP25 - Eas Side	6.33	1:02:05	9:48	7	8:05	56	24:45	148.73	20:15:52	8:10	5	3:49:14	56	7:53:22
VP26 - Checkpoir	4.22	42:49	10:08	8	9:27	87	19:56	152.95	20:58:41	8:13	5	3:51:40	55	8:12:07
VP27 - Gedenkst.	4.12	48:08	11:40	9	13:16	100	23:25	157.07	21:46:49	8:19	5	3:57:19	56	8:33:51
Friedrich-Ludwig	4.78	51:50	10:50	7	16:33	125	27:27	161.85	22:38:39	8:23	5	4:11:54	59	8:58:28