



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt

Number: 1

Course: 161.85 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 16:18:57

Speed: 9.87 km/h

Running performance: 6:03 min/km

Rank in course/Total: 5 (of 296)

Rank in course/Men: 4 (of 247)

Best time in course: 13:40:11

Rank in category: 2(of 38)

Best time in the category: 15:35:03

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	37:34	5:25	4	4:55	19	5:18	6.93	37:34	5:25	4	4:55	19	5:18
VP2 - Laufftreff Li	5.70	31:28	5:31	6	3:57	23	5:32	12.63	1:09:02	5:27	4	8:52	19	10:50
VP3 - Oranienbur	5.47	29:10	5:19	4	4:12	18	5:24	18.10	1:38:12	5:25	4	13:04	18	16:13
VP4 - Naturschut	4.97	27:07	5:27	3	1:29	13	3:58	23.07	2:05:19	5:25	3	14:33	16	20:11
VP5 - Frohnau	6.80	37:08	5:27	5	5:10	17	6:50	29.87	2:42:27	5:26	4	19:43	18	26:55
VP6 - Ruderclub	4.06	22:33	5:33	4	2:54	11	4:04	33.93	3:05:00	5:27	4	22:37	15	30:59
VP7 - Grenzturm	4.75	26:01	5:28	4	3:23	13	5:13	38.68	3:31:01	5:27	4	26:00	16	36:12
VP8 - Schönwald	7.53	42:50	5:41	4	5:05	13	7:14	46.21	4:13:51	5:29	4	31:05	16	43:26
VP9 - Falkenseer	5.69	31:57	5:36	2	1:48	6	4:49	51.90	4:45:48	5:30	4	32:53	14	48:15
VP10 - Karolinenl	6.60	37:47	5:43	2	3:15	6	7:38	58.50	5:23:35	5:31	3	36:08	12	55:53
VP11 - Pagel & Fi	4.90	29:02	5:55	2	1:49	7	6:17	63.40	5:52:37	5:33	3	37:57	11	1:02:10
VP12 - Schloss S	7.62	45:33	5:58	2	1:46	7	9:46	71.02	6:38:10	5:36	2	39:43	10	1:11:56
VP13 - Revierförs	6.21	40:46	6:33	4	3:28	10	11:06	77.23	7:18:56	5:41	2	43:11	10	1:23:02
VP14 - Brauhaus	6.00	37:58	6:19	3	0:36	8	8:26	83.23	7:56:54	5:43	2	43:47	9	1:31:28
VP15 - Gedenkst.	6.90	45:14	6:33	4	5:20	13	10:31	90.13	8:42:08	5:47	2	49:07	9	1:41:59
VP16 - Königswe	6.87	42:32	6:11	2	1:43	3	8:48	97.00	9:24:40	5:49	2	50:50	7	1:50:47
VP17 - Sportplatz	6.20	39:46	6:24	2	0:34	5	8:09	103.20	10:04:26	5:51	2	51:24	7	1:58:56
VP18 - Osdorfer	6.49	41:21	6:22	2	0:19	5	7:24	109.69	10:45:47	5:53	2	51:43	7	2:06:20
VP19 - Lichtenra	5.71	35:06	6:08	1	-	3	5:47	115.40	11:20:53	5:54	2	50:50	7	2:12:07
VP20 - Kirchhain	4.35	27:40	6:21	1	-	2	3:22	119.75	11:48:33	5:55	2	48:02	7	2:15:29
VP21 - Buckow	6.15	38:26	6:14	2	0:07	4	3:26	125.90	12:26:59	5:55	2	46:11	6	2:18:55
VP22 - Rudow	4.97	30:29	6:08	1	-	4	9:06	130.87	12:57:28	5:56	2	44:08	6	2:20:45
VP23 - Johannistl	5.89	37:19	6:20	1	-	4	3:38	136.76	13:34:47	5:57	2	42:59	5	2:24:23
VP24 - Dammwe	5.64	35:56	6:22	1	-	4	4:15	142.40	14:10:43	5:58	2	41:06	5	2:28:17
VP25 - Eas Side	6.33	42:24	6:41	1	-	3	5:04	148.73	14:53:07	6:00	2	40:20	5	2:30:37
VP26 - Checkpoir	4.22	25:02	5:55	1	-	3	2:09	152.95	15:18:09	6:00	2	37:10	4	2:31:35
VP27 - Gedenkst.	4.12	28:47	6:59	2	2:55	4	4:04	157.07	15:46:56	6:01	2	40:05	4	2:33:58
Friedrich-Ludwig	4.78	32:01	6:41	3	3:49	16	7:38	161.85	16:18:57	6:02	2	43:54	4	2:38:46