



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

Detailed evaluation

Prochaska, Jan

Club: LG Nord Berlin Ultrateam

Number: 13

Course: 160.90 km

100MeilenBerlin

Category:

Gesamt

Total time: 16:22:17

Speed: 9.77 km/h

Running performance: 6:06 min/km

Rank in course/Total: 1 (of 92)

Rank in course/Total: 1 (of 92)

Best time in course: 16:22:17

Rank in category: 1(of 92)

Best time in the category: 16:22:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Klein-Ziethener-V	22.20	2:02:30	5:31	4	4:09	4	4:09	22.20	2:02:30	5:31	62		62	
Osdorfer Straße	20.40	1:56:47	5:43	5	11:47	5	11:47	42.60	3:59:17	5:37	62		62	
Bahnhof Griebnit	19.70	1:58:23	6:00	4	26:36	4	26:36	62.30	5:57:40	5:44	62		62	
Kladower Straße	20.30	2:05:55	6:12	3	5:11	3	5:11	82.60	8:03:35	5:51	58		58	
Gartenlaube	10.20	1:02:26	6:07	2	0:01	2	0:01	92.80	9:06:01	5:53	60		60	
Lauftreff Schönw	12.50	1:17:42	6:12	1	-	1	-	105.30	10:23:43	5:55	61		61	
Ruderclub Oberh	12.30	1:15:56	6:10	2	36:48	2	36:48	117.60	11:39:39	5:56	61		61	
Hattwichstraße	15.40	1:42:45	6:40	3	1:03:37	3	1:03:37	133.00	13:22:24	6:01	58	13:22:24	58	13:22:24
Gedenkstätte	19.50	1:58:05	6:03	3	1:18:57	3	1:18:57	152.50	15:20:29	6:02	58	15:20:29	58	15:20:29
Stadion Lobeckst	8.40	1:01:48	7:21	4	2:35	4	2:35	160.90	16:22:17	6:06	1	-	1	-