



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

Detailed evaluation

Hedelt, Holger

Club: Irene Road Running Club South Africa
Number: 5

Course: 160.90 km
100MeilenBerlin

Category:

Gesamt

Total time: 16:51:43

Speed: 9.49 km/h

Running performance: 6:17 min/km

Rank in course/Total: 3 (of 92)

Rank in course/Total: 3 (of 92)

Best time in course: 16:22:17

Rank in category: 3(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 Cat.	Behind Cat.	Pos Total	Behind Total	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Klein-Ziethener-V	22.20	2:02:47	5:31	5	4:26	5	4:26	22.20	2:02:47	5:31	61		61	
Osdorfer Straße	20.40	1:58:32	5:48	7	13:32	7	13:32	42.60	4:01:19	5:39	61		61	
Bahnhof Griebnit	19.70	1:58:02	5:59	2	26:15	2	26:15	62.30	5:59:21	5:46	61		61	
Kladower Straße	20.30	2:05:02	6:09	2	4:18	2	4:18	82.60	8:04:23	5:51	57		57	
Gartenlaube	10.20	1:07:02	6:34	7	4:37	7	4:37	92.80	9:11:25	5:56	59		59	
Lauftreff Schönw	12.50	1:25:23	6:49	7	7:41	7	7:41	105.30	10:36:48	6:02	60		60	
Ruderclub Oberh	12.30	1:23:19	6:46	8	44:11	8	44:11	117.60	12:00:07	6:07	60		60	
Hattwichstraße	15.40	1:45:02	6:49	6	1:05:54	6	1:05:54	133.00	13:45:09	6:12	57	13:45:09	57	13:45:09
Gedenkstätte	19.50	2:00:44	6:11	4	1:21:36	4	1:21:36	152.50	15:45:53	6:12	57	15:45:53	57	15:45:53
Stadion Lobeckst	8.40	1:05:50	7:50	10	6:37	10	6:37	160.90	16:51:43	6:17	3	29:26	3	29:26