



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Roßberg, Volker

Club: T-Rex-Team Peitz

Number: 158

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:13:15

Speed: 6.89 km/h

Running performance: 8:40 min/km

Rank in course/Total: 76 (of 221)

Rank in course/Men: 69 (of 193)

Best time in course: 15:53:45

Rank in category: 14(of 35)

Best time in the category: 17:53:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
km 6,28 Gedenk:	6.28	43:01	6:50	23	6:48	100	9:41	6.28	43:01	6:50	23	6:48	100	9:41
km 11,32 Behms	5.04	30:06	5:58	13	3:00	48	5:24	11.32	1:13:07	6:27	21	7:04	88	15:05
km 22,10 Lübars	10.78	1:05:39	6:05	13	8:56	55	14:43	22.10	2:18:46	6:16	15	12:53	72	25:35
km 32,52 Naturs	10.42	1:07:26	6:28	13	11:09	58	15:40	32.52	3:26:12	6:20	15	24:02	66	36:42
km 43,36 Ruderc	10.84	1:10:40	6:31	11	10:54	42	17:52	43.36	4:36:52	6:23	12	33:18	55	52:41
km 55,35 Schönv	11.99	1:14:02	6:10	7	8:23	29	13:45	55.35	5:50:54	6:20	12	40:21	48	1:06:26
km 68,07 Garten	12.72	1:36:51	7:36	12	21:25	54	23:54	68.07	7:27:45	6:34	13	1:01:12	49	1:29:36
km 80,53 Schloß	12.46	1:49:01	8:44	16	31:59	78	37:58	80.53	9:16:46	6:54	12	1:33:11	50	1:59:38
km 99,65 Geden	19.12	2:35:45	8:08	10	42:42	69	51:02	99.65	11:52:31	7:09	12	1:56:42	49	2:37:29
km 112,75 Sport	13.10	2:11:12	10:00	16	43:33	101	2:04:20	112.75	14:03:43	7:28	11	2:13:18	52	3:27:14
km 124,92 Lichte	12.17	2:13:12	10:56	16	37:44	91	54:26	124.92	16:16:55	7:49	13	2:37:30	57	4:20:05
km 134,98 Buck	10.06	1:40:59	10:02	13	29:28	87	43:30	134.98	17:57:54	7:59	13	3:06:58	59	4:57:11
Test	9.89	1:52:08	11:20	13	43:14	81	49:21	144.87	19:50:02	8:12	12	3:50:12	58	5:46:09
Stadion Lobeckst	16.01	3:23:13	12:41	23	1:29:51	141	1:33:21	160.90	23:13:15	8:39	14	5:20:03	69	7:19:30