



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

### Wittenberg, Ben

Club: Southport and Waterloo Athletics Club  
Number: 103

Course: 160.90 km  
100MeilenBerlin

#### Category:

Senioren M35 (35-39 Jahre)

Total time: 23:16:39

Speed: 6.87 km/h

Running performance: 8:41 min/km

Rank in course/Total: 80 (of 221)

Rank in course/Men: 71 (of 193)

Best time in course: 15:53:45

Rank in category: 10(of 15)

Best time in the category: 16:13:41

#### 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.	Men	Cat.	Men				Cat.	Men	Cat.	Men
km 6,28 Gedenk:	6.28	43:03	6:51	11	102	8:27	9:43	6.28	43:03	6:51	11	102	8:27	9:43
km 11,32 Behms	5.04	30:58	6:08	8	65	4:52	6:16	11.32	1:14:01	6:32	11	96	13:19	15:59
km 22,10 Lübars	10.78	1:13:48	6:50	14	117	21:36	22:52	22.10	2:27:49	6:41	14	113	28:45	34:38
km 32,52 Naturs	10.42	1:11:14	6:50	11	83	18:46	19:28	32.52	3:39:03	6:44	12	97	46:13	49:33
km 43,36 Ruderc	10.84	1:19:52	7:22	12	87	23:38	27:04	43.36	4:58:55	6:53	12	93	1:09:51	1:14:44
km 55,35 Schönv	11.99	1:24:43	7:03	9	74	18:36	24:26	55.35	6:23:38	6:55	12	85	1:25:08	1:39:10
km 68,07 Garten	12.72	1:37:37	7:40	6	59	15:23	24:40	68.07	8:01:15	7:04	8	74	1:39:33	2:03:06
km 80,53 Schloß	12.46	1:37:56	7:51	7	44	26:53	26:53	80.53	9:39:11	7:11	9	64	2:06:26	2:22:03
km 99,65 Geden	19.12	2:33:05	8:00	8	61	45:20	48:22	99.65	12:12:16	7:20	8	65	2:51:46	2:57:14
km 112,75 Sport	13.10	2:07:37	9:44	11	92	51:38	2:00:45	112.75	14:19:53	7:37	10	67	3:43:24	3:43:24
km 124,92 Lichte	12.17	2:09:39	10:39	7	80	49:18	50:53	124.92	16:29:32	7:55	10	65	4:32:42	4:32:42
km 134,98 Buck	10.06	1:43:28	10:17	11	98	39:35	45:59	134.98	18:13:00	8:05	10	67	5:12:17	5:12:17
Test	9.89	1:45:04	10:37	8	59	31:04	42:17	144.87	19:58:04	8:16	8	62	5:43:21	5:54:11
Stadion Lobeckst	16.01	3:18:35	12:24	12	136	1:20:07	1:28:43	160.90	23:16:39	8:40	10	71	7:02:58	7:22:54