



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Steinicke, Thomas

Club: SGW 05 Berlin

Number: 237

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 24:51:53

Speed: 6.43 km/h

Running performance: 9:16 min/km

Rank in course/Total: 117 (of 221)

Rank in course/Men: 105 (of 193)

Best time in course: 15:53:45

Rank in category: 32(of 52)

Best time in the category: 18:08:24

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
km 6,28 Gedenk:	6.28	45:10	7:11	34	8:58	141	11:50	6.28	45:10	7:11	34	8:58	141	11:50
km 11,32 Behms	5.04	34:45	6:53	35	6:56	140	10:03	11.32	1:19:55	7:03	35	13:12	141	21:53
km 22,10 Lübars	10.78	1:15:16	6:58	34	19:29	139	24:20	22.10	2:35:11	7:01	31	30:52	131	42:00
km 32,52 Naturs	10.42	1:25:20	8:11	45	27:42	175	33:34	32.52	4:00:31	7:23	40	58:04	154	1:11:01
km 43,36 Ruderc	10.84	1:22:06	7:34	24	22:03	106	29:18	43.36	5:22:37	7:26	36	1:19:41	136	1:38:26
km 55,35 Schönv	11.99	1:34:08	7:51	32	26:58	117	33:51	55.35	6:56:45	7:31	37	1:46:39	133	2:12:17
km 68,07 Garten	12.72	1:53:50	8:56	35	33:01	122	40:53	68.07	8:50:35	7:47	35	2:19:40	129	2:52:26
km 80,53 Schloß	12.46	1:48:21	8:41	16	27:26	73	37:18	80.53	10:38:56	7:56	29	2:47:06	117	3:21:48
km 99,65 Geden	19.12	3:39:26	11:28	45	1:35:48	164	1:54:43	99.65	14:18:22	8:36	37	4:22:54	136	5:03:20
km 112,75 Sport	13.10	2:07:02	9:41	29	33:35	90	2:00:10	112.75	16:25:24	8:44	35	4:56:29	120	5:48:55
km 124,92 Lichte	12.17	2:23:59	11:49	33	58:30	127	1:05:13	124.92	18:49:23	9:02	34	5:46:24	118	6:52:33
km 134,98 Buck	10.06	1:34:58	9:26	24	17:57	70	37:29	134.98	20:24:21	9:04	32	5:50:18	114	7:23:38
Test	9.89	1:51:06	11:14	26	30:25	77	48:19	144.87	22:15:27	9:13	32	6:15:55	105	8:11:34
Stadion Lobeckst	16.01	2:36:26	9:46	18	34:51	45	46:34	160.90	24:51:53	9:16	32	6:43:29	105	8:58:08