



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**Grabow, Dieter**

Club: SportTrend Ultralaufteam Braunschweig  
Number: 234

Course: 160.90 km  
100MeilenBerlin

Category:  
Senioren M60 (60-64 Jahre)

Total time: 25:59:32

Speed: 6.16 km/h  
Running performance: 9:41 min/km

Rank in course/Total: 127 (of 221)

Rank in course/Men: 113 (of 193)

Best time in course: 15:53:45

Rank in category: 6(of 11)

Best time in the category: 20:42:27

| Intermediate times |          |            |              | Stage score |             |         |            | Total ranking |            |              |          |             |         |            |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | 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     | 41:41      | 6:38         | 1           | -           | 74      | 8:21       | 6.28          | 41:41      | 6:38         | 1        | -           | 74      | 8:21       |
| km 11,32 Behms     | 5.04     | 31:12      | 6:11         | 2           | 0:08        | 73      | 6:30       | 11.32         | 1:12:53    | 6:26         | 1        | -           | 81      | 14:51      |
| km 22,10 Lübars    | 10.78    | 1:11:54    | 6:40         | 3           | 1:19        | 107     | 20:58      | 22.10         | 2:24:47    | 6:33         | 1        | -           | 93      | 31:36      |
| km 32,52 Naturs    | 10.42    | 1:12:37    | 6:58         | 1           | -           | 94      | 20:51      | 32.52         | 3:37:24    | 6:41         | 1        | -           | 91      | 47:54      |
| km 43,36 Ruderc    | 10.84    | 1:26:12    | 7:57         | 5           | 14:01       | 131     | 33:24      | 43.36         | 5:03:36    | 7:00         | 3        | 11:06       | 106     | 1:19:25    |
| km 55,35 Schönv    | 11.99    | 1:45:37    | 8:48         | 9           | 24:07       | 162     | 45:20      | 55.35         | 6:49:13    | 7:23         | 4        | 30:53       | 121     | 2:04:45    |
| km 68,07 Garten    | 12.72    | 2:05:41    | 9:52         | 10          | 33:58       | 165     | 52:44      | 68.07         | 8:54:54    | 7:51         | 6        | 55:32       | 135     | 2:56:45    |
| km 80,53 Schloß    | 12.46    | 2:15:37    | 10:53        | 10          | 41:41       | 150     | 1:04:34    | 80.53         | 11:10:31   | 8:19         | 6        | 1:37:13     | 141     | 3:53:23    |
| km 99,65 Geden     | 19.12    | 2:58:54    | 9:21         | 5           | 45:33       | 117     | 1:14:11    | 99.65         | 14:09:25   | 8:31         | 6        | 2:07:00     | 130     | 4:54:23    |
| km 112,75 Sport    | 13.10    | 6:52       | 0:31         | 1           | -           | 1       | -          | 112.75        | 14:16:17   | 7:35         | 3        | 30:14       | 62      | 3:39:48    |
| km 124,92 Lichte   | 12.17    | 4:29:37    | 22:09        | 11          | 2:41:53     | 164     | 3:10:51    | 124.92        | 18:45:54   | 9:00         | 7        | 3:01:07     | 115     | 6:49:04    |
| km 134,98 Buck     | 10.06    | 1:58:43    | 11:48        | 7           | 31:57       | 131     | 1:01:14    | 134.98        | 20:44:37   | 9:13         | 7        | 3:33:02     | 120     | 7:43:54    |
| Test               | 9.89     | 2:10:19    | 13:10        | 8           | 47:07       | 116     | 1:07:32    | 144.87        | 22:54:56   | 9:29         | 7        | 4:20:09     | 114     | 8:51:03    |
| Stadion Lobeckst   | 16.01    | 3:04:36    | 11:31        | 6           | 56:56       | 102     | 1:14:44    | 160.90        | 25:59:32   | 9:41         | 6        | 5:17:05     | 113     | 10:05:47   |