



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**Parravicini, Mario**

Club: Magredi Mountain Trail  
Number: 246

Course: 160.90 km  
100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 27:47:00

Speed: 5.76 km/h

Running performance: 10:22 min/km

Rank in course/Total: 148 (of 221)

Rank in course/Men: 133 (of 193)

Best time in course: 15:53:45

Rank in category: 21(of 35)

Best time in the category: 17:53:12

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| km 6,28 Gedenk:  | 6.28        | 47:06         | 7:30            | 32          | 10:53          | 167         | 13:46         | 6.28          | 47:06         | 7:30            | 32          | 10:53          | 167        | 13:46         |
| km 11,32 Behms   | 5.04        | 36:47         | 7:17            | 31          | 9:41           | 171         | 12:05         | 11.32         | 1:23:53       | 7:24            | 31          | 17:50          | 169        | 25:51         |
| km 22,10 Lübars  | 10.78       | 1:21:16       | 7:32            | 32          | 24:33          | 169         | 30:20         | 22.10         | 2:45:09       | 7:28            | 33          | 39:16          | 173        | 51:58         |
| km 32,52 Naturs  | 10.42       | 1:23:45       | 8:02            | 30          | 27:28          | 165         | 31:59         | 32.52         | 4:08:54       | 7:39            | 33          | 1:06:44        | 173        | 1:19:24       |
| km 43,36 Ruderc  | 10.84       | 1:32:44       | 8:33            | 28          | 32:58          | 158         | 39:56         | 43.36         | 5:41:38       | 7:52            | 31          | 1:38:04        | 164        | 1:57:27       |
| km 55,35 Schönv  | 11.99       | 1:39:04       | 8:15            | 26          | 33:25          | 143         | 38:47         | 55.35         | 7:20:42       | 7:57            | 29          | 2:10:09        | 159        | 2:36:14       |
| km 68,07 Garten  | 12.72       | 1:48:34       | 8:32            | 19          | 33:08          | 100         | 35:37         | 68.07         | 9:09:16       | 8:04            | 26          | 2:42:43        | 145        | 3:11:07       |
| km 80,53 Schloß  | 12.46       | 2:13:02       | 10:40           | 27          | 56:00          | 145         | 1:01:59       | 80.53         | 11:22:18      | 8:28            | 26          | 3:38:43        | 146        | 4:05:10       |
| km 99,65 Geden   | 19.12       | 3:19:21       | 10:25           | 25          | 1:26:18        | 138         | 1:34:38       | 99.65         | 14:41:39      | 8:50            | 26          | 4:45:50        | 147        | 5:26:37       |
| km 112,75 Sport  | 13.10       | 2:34:35       | 11:48           | 20          | 1:06:56        | 124         | 2:27:43       | 112.75        | 17:16:14      | 9:11            | 25          | 5:25:49        | 138        | 6:39:45       |
| km 124,92 Lichte | 12.17       | 2:27:24       | 12:06           | 22          | 51:56          | 130         | 1:08:38       | 124.92        | 19:43:38      | 9:28            | 23          | 6:04:13        | 135        | 7:46:48       |
| km 134,98 Buck   | 10.06       | 2:05:41       | 12:29           | 24          | 54:10          | 143         | 1:08:12       | 134.98        | 21:49:19      | 9:42            | 23          | 6:58:23        | 134        | 8:48:36       |
| Test             | 9.89        | 2:23:49       | 14:32           | 23          | 1:14:55        | 141         | 1:21:02       | 144.87        | 24:13:08      | 10:01           | 19          | 8:13:18        | 128        | 10:09:15      |
| Stadion Lobeckst | 16.01       | 3:33:52       | 13:21           | 26          | 1:40:30        | 148         | 1:44:00       | 160.90        | 27:47:00      | 10:21           | 21          | 9:53:48        | 133        | 11:53:15      |