



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**Raulf, Martin**

Club: LG Nordheide

Number: 101

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 29:18:26

Speed: 5.49 km/h

Running performance: 10:56 min/km

Rank in course/Total: 171 (of 221)

Rank in course/Men: 151 (of 193)

Best time in course: 15:53:45

Rank in category: 44(of 52)

Best time in the category: 18:08:24

## Intermediate times

## Stage score

## Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | 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        | 46:50         | 7:27            | 40          | 10:38          | 165        | 13:30         | 6.28        | 46:50         | 7:27            | 40          | 10:38          | 165        | 13:30         |
| km 11,32 Behms   | 5.04        | 33:35         | 6:39            | 27          | 5:46           | 119        | 8:53          | 11.32       | 1:20:25       | 7:06            | 38          | 13:42          | 145        | 22:23         |
| km 22,10 Lübars  | 10.78       | 1:15:15       | 6:58            | 33          | 19:28          | 137        | 24:19         | 22.10       | 2:35:40       | 7:02            | 33          | 31:21          | 136        | 42:29         |
| km 32,52 Naturs  | 10.42       | 1:20:05       | 7:41            | 37          | 22:27          | 139        | 28:19         | 32.52       | 3:55:45       | 7:14            | 34          | 53:18          | 140        | 1:06:15       |
| km 43,36 Ruderc  | 10.84       | 1:24:43       | 7:48            | 30          | 24:40          | 124        | 31:55         | 43.36       | 5:20:28       | 7:23            | 35          | 1:17:32        | 133        | 1:36:17       |
| km 55,35 Schönl  | 11.99       | 1:39:59       | 8:20            | 40          | 32:49          | 146        | 39:42         | 55.35       | 7:00:27       | 7:35            | 39          | 1:50:21        | 141        | 2:15:59       |
| km 68,07 Garten  | 12.72       | 1:58:14       | 9:17            | 39          | 37:25          | 133        | 45:17         | 68.07       | 8:58:41       | 7:54            | 39          | 2:27:46        | 138        | 3:00:32       |
| km 80,53 Schloß  | 12.46       | 2:19:40       | 11:12           | 47          | 58:45          | 161        | 1:08:37       | 80.53       | 11:18:21      | 8:25            | 40          | 3:26:31        | 145        | 4:01:13       |
| km 99,65 Geden   | 19.12       | 3:21:37       | 10:32           | 36          | 1:17:59        | 139        | 1:36:54       | 99.65       | 14:39:58      | 8:49            | 40          | 4:44:30        | 145        | 5:24:56       |
| km 112,75 Sport  | 13.10       | 2:49:43       | 12:57           | 38          | 1:16:16        | 139        | 2:42:51       | 112.75      | 17:29:41      | 9:18            | 40          | 6:00:46        | 141        | 6:53:12       |
| km 124,92 Lichte | 12.17       | 2:37:19       | 12:55           | 38          | 1:11:50        | 143        | 1:18:33       | 124.92      | 20:07:00      | 9:39            | 39          | 7:04:01        | 138        | 8:10:10       |
| km 134,98 Buck   | 10.06       | 2:17:44       | 13:41           | 42          | 1:00:43        | 151        | 1:20:15       | 134.98      | 22:24:44      | 9:57            | 39          | 7:50:41        | 140        | 9:24:01       |
| Test             | 9.89        | 2:50:42       | 17:15           | 43          | 1:30:01        | 156        | 1:47:55       | 144.87      | 25:15:26      | 10:27           | 40          | 9:15:54        | 139        | 11:11:33      |
| Stadion Lobeckst | 16.01       | 4:03:00       | 15:10           | 45          | 2:01:25        | 156        | 2:13:08       | 160.90      | 29:18:26      | 10:55           | 44          | 11:10:02       | 151        | 13:24:41      |