



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Ludwig, Manfred

Club: DJK Kleinenbroich

Number: 215

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M70 (70-74 Jahre)

Total time: 29:42:38

Speed: 5.39 km/h

Running performance: 11:05 min/km

Rank in course/Total: 178 (of 221)

Rank in course/Men: 155 (of 193)

Best time in course: 15:53:45

Rank in category: 1(of 2)

Best time in the category: 29:42:38

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | 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 | 55:29 | 8:50 | 2 | 9:35 | 191 | 22:09 | 6.28 | 55:29 | 8:50 | 2 | 9:35 | 191 | 22:09 |
| km 11,32 Behms | 5.04 | 42:48 | 8:29 | 2 | 9:23 | 192 | 18:06 | 11.32 | 1:38:17 | 8:40 | 2 | 18:58 | 192 | 40:15 |
| km 22,10 Lübars | 10.78 | 1:28:54 | 8:14 | 2 | 12:51 | 189 | 37:58 | 22.10 | 3:07:11 | 8:28 | 2 | 31:49 | 191 | 1:14:00 |
| km 32,52 Naturs | 10.42 | 1:36:15 | 9:14 | 2 | 17:58 | 187 | 44:29 | 32.52 | 4:43:26 | 8:42 | 2 | 49:47 | 191 | 1:53:56 |
| km 43,36 Ruderc | 10.84 | 1:38:44 | 9:06 | 2 | 16:48 | 171 | 45:56 | 43.36 | 6:22:10 | 8:48 | 2 | 1:06:35 | 189 | 2:37:59 |
| km 55,35 Schönv | 11.99 | 1:46:48 | 8:54 | 2 | 4:43 | 167 | 46:31 | 55.35 | 8:08:58 | 8:50 | 2 | 1:11:18 | 188 | 3:24:30 |
| km 68,07 Garten | 12.72 | 2:04:12 | 9:45 | 1 | - | 156 | 51:15 | 68.07 | 10:13:10 | 9:00 | 1 | - | 179 | 4:15:01 |
| km 80,53 Schloß | 12.46 | 2:30:11 | 12:03 | 1 | - | 170 | 1:19:08 | 80.53 | 12:43:21 | 9:28 | 1 | - | 182 | 5:26:13 |
| km 99,65 Geden | 19.12 | 3:49:24 | 11:59 | 1 | - | 172 | 2:04:41 | 99.65 | 16:32:45 | 9:57 | 1 | - | 174 | 7:17:43 |
| km 112,75 Sport | 13.10 | 2:58:14 | 13:36 | 1 | - | 149 | 2:51:22 | 112.75 | 19:30:59 | 10:23 | 1 | - | 170 | 8:54:30 |
| km 124,92 Lichte | 12.17 | 2:27:45 | 12:08 | 1 | - | 132 | 1:08:59 | 124.92 | 21:58:44 | 10:33 | 1 | - | 162 | 10:01:54 |
| km 134,98 Buck | 10.06 | 2:05:09 | 12:26 | 1 | - | 140 | 1:07:40 | 134.98 | 24:03:53 | 10:41 | 1 | - | 162 | 11:03:10 |
| Test | 9.89 | 2:06:50 | 12:49 | 1 | - | 111 | 1:04:03 | 144.87 | 26:10:43 | 10:50 | 1 | - | 156 | 12:06:50 |
| Stadion Lobeckst | 16.01 | 3:31:55 | 13:14 | 1 | - | 146 | 1:42:03 | 160.90 | 29:42:38 | 11:04 | 1 | - | 155 | 13:48:53 |