



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**Vollmer, Ralf**

Club: 100 Marathon Club

Number: 93

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 19:20:44

Speed: 8.27 km/h

Running performance: 7:13 min/km

Rank in course/Total: 17 (of 221)

Rank in course/Men: 14 (of 193)

Best time in course: 15:53:45

Rank in category: 4(of 52)

Best time in the category: 18:08:24

### 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	39:36	6:18	12	3:24	41	6:16	6.28	39:36	6:18	12	3:24	41	6:16	
km 11,32 Behms	5.04	28:47	5:42	3	0:58	21	4:05	11.32	1:08:23	6:02	5	1:40	33	10:21	
km 22,10 Lübars	10.78	1:05:57	6:07	15	10:10	59	15:01	22.10	2:14:20	6:04	13	10:01	51	21:09	
km 32,52 Naturs	10.42	1:03:43	6:06	11	6:05	43	11:57	32.52	3:18:03	6:05	12	15:36	45	28:33	
km 43,36 Ruderc	10.84	1:10:58	6:32	12	10:55	43	18:10	43.36	4:29:01	6:12	11	26:05	44	44:50	
km 55,35 Schönv	11.99	1:19:24	6:37	11	12:14	47	19:07	55.35	5:48:25	6:17	10	38:19	42	1:03:57	
km 68,07 Garten	12.72	1:23:55	6:35	5	3:06	22	10:58	68.07	7:12:20	6:21	9	41:25	34	1:14:11	
km 80,53 Schloß	12.46	1:29:06	7:09	6	8:11	25	18:03	80.53	8:41:26	6:28	7	49:36	30	1:24:18	
km 99,65 Geden	19.12	2:15:55	7:06	5	12:17	21	31:12	99.65	10:57:21	6:35	7	1:01:53	26	1:42:19	
km 112,75 Sport	13.10	1:37:57	7:28	3	4:30	14	1:31:05	112.75	12:35:18	6:41	7	1:06:23	21	1:58:49	
km 124,92 Lichte	12.17	1:46:15	8:43	5	20:46	18	27:29	124.92	14:21:33	6:53	5	1:18:34	18	2:24:43	
km 134,98 Buck	10.06	1:18:09	7:46	3	1:08	15	20:40	134.98	15:39:42	6:57	5	1:05:39	18	2:38:59	
Test	9.89	1:31:23	9:14	6	10:42	19	28:36	144.87	17:11:05	7:07	5	1:11:33	15	3:07:12	
Stadion Lobeckst	16.01	2:09:39	8:05	6	8:04	18	19:47	160.90	19:20:44	7:12	4	1:12:20	14	3:26:59	