



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Tehrani, Ash

Club: London

Number: 251

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M30 (30-34 Jahre)

Total time: 18:58:35

Speed: 8.43 km/h

Running performance: 7:05 min/km

Rank in course/Total: 13 (of 221)

Rank in course/Men: 11 (of 193)

Best time in course: 15:53:45

Rank in category: 1(of 10)

Best time in the category: 18:58:35

| 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 | 35:57 | 5:43 | 1 | - | 4 | 2:37 | 6.28 | 35:57 | 5:43 | 1 | - | 4 | 2:37 |
| km 11,32 Behms | 5.04 | 30:00 | 5:57 | 2 | 2:32 | 47 | 5:18 | 11.32 | 1:05:57 | 5:49 | 1 | - | 3 | 7:55 |
| km 22,10 Lübars | 10.78 | 53:40 | 4:58 | 1 | - | 3 | 2:44 | 22.10 | 1:59:37 | 5:24 | 1 | - | 4 | 6:26 |
| km 32,52 Naturs | 10.42 | 51:46 | 4:58 | 1 | - | 1 | - | 32.52 | 2:51:23 | 5:16 | 1 | - | 2 | 1:53 |
| km 43,36 Ruderc | 10.84 | 52:48 | 4:52 | 1 | - | 1 | - | 43.36 | 3:44:11 | 5:10 | 1 | - | 1 | - |
| km 55,35 Schönv | 11.99 | 1:00:17 | 5:01 | 1 | - | 1 | - | 55.35 | 4:44:28 | 5:08 | 1 | - | 1 | - |
| km 68,07 Garten | 12.72 | 1:13:41 | 5:47 | 1 | - | 2 | 0:44 | 68.07 | 5:58:09 | 5:15 | 1 | - | 1 | - |
| km 80,53 Schloß | 12.46 | 1:23:29 | 6:42 | 1 | - | 13 | 12:26 | 80.53 | 7:21:38 | 5:29 | 1 | - | 2 | 4:30 |
| km 99,65 Geden | 19.12 | 2:09:18 | 6:45 | 1 | - | 13 | 24:35 | 99.65 | 9:30:56 | 5:43 | 1 | - | 4 | 15:54 |
| km 112,75 Sport | 13.10 | 1:54:44 | 8:45 | 3 | 19:14 | 52 | 1:47:52 | 112.75 | 11:25:40 | 6:04 | 1 | - | 4 | 49:11 |
| km 124,92 Lichte | 12.17 | 1:46:59 | 8:47 | 1 | - | 21 | 28:13 | 124.92 | 13:12:39 | 6:20 | 1 | - | 5 | 1:15:49 |
| km 134,98 Buck | 10.06 | 1:21:45 | 8:07 | 1 | - | 27 | 24:16 | 134.98 | 14:34:24 | 6:28 | 1 | - | 5 | 1:33:41 |
| Test | 9.89 | 1:52:05 | 11:19 | 3 | 13:42 | 80 | 49:18 | 144.87 | 16:26:29 | 6:48 | 1 | - | 9 | 2:22:36 |
| Stadion Lobeckst | 16.01 | 2:32:06 | 9:30 | 2 | 17:01 | 41 | 42:14 | 160.90 | 18:58:35 | 7:04 | 1 | - | 11 | 3:04:50 |