



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Reintjes, Frank

Club: Friends for Life

Number: 200

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 20:16:08

Speed: 7.89 km/h

Running performance: 7:34 min/km

Rank in course/Total: 23 (of 221)

Rank in course/Men: 20 (of 193)

Best time in course: 15:53:45

Rank in category: 3(of 33)

Best time in the category: 15:53:45

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	39:42	6:19	9	6:22	45	6:22	6.28	39:42	6:19	9	6:22	45	6:22
km 11,32 Behms	5.04	27:22	5:25	2	2:40	5	2:40	11.32	1:07:04	5:55	4	9:02	13	9:02
km 22,10 Lübars	10.78	1:02:22	5:47	9	7:49	40	11:26	22.10	2:09:26	5:51	7	16:15	33	16:15
km 32,52 Naturs	10.42	1:00:01	5:45	6	5:19	20	8:15	32.52	3:09:27	5:49	7	19:57	28	19:57
km 43,36 Ruderc	10.84	1:04:20	5:56	6	5:51	21	11:32	43.36	4:13:47	5:51	6	24:00	21	29:36
km 55,35 Schönv	11.99	1:10:57	5:55	6	7:44	21	10:40	55.35	5:24:44	5:52	6	26:09	23	40:16
km 68,07 Garten	12.72	1:28:09	6:55	8	15:12	29	15:12	68.07	6:52:53	6:03	6	31:24	20	54:44
km 80,53 Schloß	12.46	1:29:19	7:10	6	17:58	26	18:16	80.53	8:22:12	6:14	6	49:22	19	1:05:04
km 99,65 Geden	19.12	2:26:24	7:39	13	35:58	42	41:41	99.65	10:48:36	6:30	6	1:25:20	21	1:33:34
km 112,75 Sport	13.10	1:47:33	8:12	6	29:25	22	1:40:41	112.75	12:36:09	6:42	5	1:51:18	22	1:59:40
km 124,92 Lichte	12.17	1:53:26	9:19	6	34:40	32	34:40	124.92	14:29:35	6:57	5	2:25:58	23	2:32:45
km 134,98 Buck	10.06	1:36:57	9:38	15	39:28	78	39:28	134.98	16:06:32	7:09	5	3:05:26	24	3:05:49
Test	9.89	1:37:58	9:54	6	35:11	31	35:11	144.87	17:44:30	7:20	5	3:40:37	23	3:40:37
Stadion Lobeckst	16.01	2:31:38	9:28	6	41:46	40	41:46	160.90	20:16:08	7:33	3	4:22:23	20	4:22:23