



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Hedelt, Holger

Club: Irene Road Running Club South Africa
Number: 3

Course: 160.90 km
100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 21:04:04

Speed: 7.59 km/h

Running performance: 7:52 min/km

Rank in course/Total: 36 (of 221)

Rank in course/Men: 31 (of 193)

Best time in course: 15:53:45

Rank in category: 5(of 35)

Best time in the category: 17:53:12

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	36:16	5:46	2	0:03	14	2:56	6.28	36:16	5:46	2	0:03	14	2:56
km 11,32 Behms	5.04	32:39	6:28	22	5:33	107	7:57	11.32	1:08:55	6:05	9	2:52	38	10:53
km 22,10 Lübars	10.78	58:15	5:24	2	1:32	15	7:19	22.10	2:07:10	5:45	6	1:17	22	13:59
km 32,52 Naturs	10.42	1:01:25	5:53	4	5:08	26	9:39	32.52	3:08:35	5:47	6	6:25	24	19:05
km 43,36 Ruderc	10.84	1:07:24	6:13	7	7:38	31	14:36	43.36	4:15:59	5:54	7	12:25	27	31:48
km 55,35 Schönv	11.99	1:16:08	6:20	9	10:29	37	15:51	55.35	5:32:07	6:00	6	21:34	28	47:39
km 68,07 Garten	12.72	1:33:07	7:19	8	17:41	41	20:10	68.07	7:05:14	6:14	6	38:41	31	1:07:05
km 80,53 Schloß	12.46	1:41:03	8:06	11	24:01	56	30:00	80.53	8:46:17	6:32	8	1:02:42	34	1:29:09
km 99,65 Geden	19.12	2:56:38	9:14	21	1:03:35	112	1:11:55	99.65	11:42:55	7:03	10	1:47:06	43	2:27:53
km 112,75 Sport	13.10	1:52:04	8:33	6	24:25	36	1:45:12	112.75	13:34:59	7:13	10	1:44:34	41	2:58:30
km 124,92 Lichte	12.17	1:46:54	8:47	5	11:26	20	28:08	124.92	15:21:53	7:22	9	1:42:28	35	3:25:03
km 134,98 Buck	10.06	1:15:53	7:32	4	4:22	6	18:24	134.98	16:37:46	7:23	9	1:46:50	33	3:37:03
Test	9.89	1:45:47	10:41	9	36:53	62	43:00	144.87	18:23:33	7:37	5	2:23:43	29	4:19:40
Stadion Lobeckst	16.01	2:40:31	10:01	8	47:09	56	50:39	160.90	21:04:04	7:51	5	3:10:52	31	5:10:19