



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Cao, Jin

Club: Norges Bank Sports Association
Number: 204

Course: 160.90 km
100MeilenBerlin

Category:
Senioren M35 (35-39 Jahre)

Total time: 21:26:19

Speed: 7.46 km/h
Running performance: 7:59 min/km

Rank in course/Total: 43 (of 221)

Rank in course/Men: 38 (of 193)

Best time in course: 15:53:45

Rank in category: 5(of 15)

Best time in the category: 16:13:41

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	34:36	5:30	1	-	2	1:16	6.28	34:36	5:30	1	-	2	1:16
km 11,32 Behms	5.04	26:06	5:10	1	-	2	1:24	11.32	1:00:42	5:21	1	-	2	2:40
km 22,10 Lübars	10.78	58:22	5:24	3	6:10	17	7:26	22.10	1:59:04	5:23	1	-	2	5:53
km 32,52 Naturs	10.42	1:01:14	5:52	3	8:46	24	9:28	32.52	3:00:18	5:32	2	7:28	8	10:48
km 43,36 Ruderc	10.84	1:16:22	7:02	9	20:08	68	23:34	43.36	4:16:40	5:55	4	27:36	29	32:29
km 55,35 Schönv	11.99	1:21:46	6:49	7	15:39	58	21:29	55.35	5:38:26	6:06	5	39:56	35	53:58
km 68,07 Garten	12.72	1:24:33	6:38	4	2:19	24	11:36	68.07	7:02:59	6:12	4	41:17	28	1:04:50
km 80,53 Schloß	12.46	1:27:56	7:03	3	16:53	20	16:53	80.53	8:30:55	6:20	4	58:10	26	1:13:47
km 99,65 Geden	19.12	2:32:36	7:58	7	44:51	56	47:53	99.65	11:03:31	6:39	4	1:43:01	29	1:48:29
km 112,75 Sport	13.10	1:58:17	9:01	6	42:18	61	1:51:25	112.75	13:01:48	6:56	4	2:25:19	29	2:25:19
km 124,92 Lichte	12.17	2:10:53	10:45	8	50:32	84	52:07	124.92	15:12:41	7:18	4	3:15:51	32	3:15:51
km 134,98 Buck	10.06	1:21:30	8:06	5	17:37	26	24:01	134.98	16:34:11	7:21	4	3:33:28	30	3:33:28
Test	9.89	1:41:49	10:17	7	27:49	45	39:02	144.87	18:16:00	7:33	4	4:01:17	27	4:12:07
Stadion Lobeckst	16.01	3:10:19	11:53	10	1:11:51	121	1:20:27	160.90	21:26:19	7:59	5	5:12:38	38	5:32:34