



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt

Number: 221

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 15:53:45

Speed: 10.07 km/h

Running performance: 5:56 min/km

Rank in course/Total: 1 (of 221)

Rank in course/Men: 1 (of 193)

Best time in course: 15:53:45

Rank in category: 1(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	36:22	5:47	4	3:02	20	3:02	6.28	36:22	5:47	4	3:02	20	3:02
km 11,32 Behms	5.04	32:09	6:22	22	7:27	95	7:27	11.32	1:08:31	6:03	10	10:29	34	10:29
km 22,10 Lübars	10.78	58:11	5:23	4	3:38	14	7:15	22.10	2:06:42	5:43	5	13:31	19	13:31
km 32,52 Naturs	10.42	58:52	5:38	5	4:10	17	7:06	32.52	3:05:34	5:42	5	16:04	17	16:04
km 43,36 Ruderc	10.84	59:45	5:30	4	1:16	8	6:57	43.36	4:05:19	5:39	5	15:32	12	21:08
km 55,35 Schönv	11.99	1:03:13	5:16	1	-	3	2:56	55.35	5:08:32	5:34	5	9:57	9	24:04
km 68,07 Garten	12.72	1:12:57	5:44	1	-	1	-	68.07	6:21:29	5:36	1	-	3	23:20
km 80,53 Schloß	12.46	1:11:21	5:43	1	-	2	0:18	80.53	7:32:50	5:37	1	-	4	15:42
km 99,65 Geden	19.12	1:50:26	5:46	1	-	3	5:43	99.65	9:23:16	5:39	1	-	3	8:14
km 112,75 Sport	13.10	1:21:35	6:13	2	3:27	4	1:14:43	112.75	10:44:51	5:43	1	-	2	8:22
km 124,92 Lichte	12.17	1:18:46	6:28	1	-	1	-	124.92	12:03:37	5:47	1	-	2	6:47
km 134,98 Buck	10.06	57:29	5:42	1	-	1	-	134.98	13:01:06	5:47	1	-	2	0:23
Test	9.89	1:02:47	6:20	1	-	1	-	144.87	14:03:53	5:49	1	-	1	-
Stadion Lobeckst	16.01	1:49:52	6:51	1	-	1	-	160.90	15:53:45	5:55	1	-	1	-