



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**Kowsky, Mirko**

Club: LV Tote Hose

Number: 44

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:54:49

Speed: 6.98 km/h

Running performance: 8:32 min/km

Rank in course/Total: 72 (of 221)

Rank in course/Men: 66 (of 193)

Best time in course: 15:53:45

Rank in category: 16(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     | 44:05      | 7:01         | 26          | 10:45       | 124     | 10:45      | 6.28          | 44:05      | 7:01         | 26       | 10:45       | 124     | 10:45      |
| km 11,32 Behms     | 5.04     | 31:35      | 6:15         | 19          | 6:53        | 79      | 6:53       | 11.32         | 1:15:40    | 6:41         | 25       | 17:38       | 115     | 17:38      |
| km 22,10 Lübars    | 10.78    | 1:10:12    | 6:30         | 21          | 15:39       | 88      | 19:16      | 22.10         | 2:25:52    | 6:36         | 21       | 32:41       | 99      | 32:41      |
| km 32,52 Naturs    | 10.42    | 1:14:17    | 7:07         | 24          | 19:35       | 111     | 22:31      | 32.52         | 3:40:09    | 6:46         | 24       | 50:39       | 106     | 50:39      |
| km 43,36 Ruderc    | 10.84    | 1:24:34    | 7:48         | 28          | 26:05       | 123     | 31:46      | 43.36         | 5:04:43    | 7:01         | 23       | 1:14:56     | 107     | 1:20:32    |
| km 55,35 Schönv    | 11.99    | 1:32:26    | 7:42         | 25          | 29:13       | 115     | 32:09      | 55.35         | 6:37:09    | 7:10         | 23       | 1:38:34     | 104     | 1:52:41    |
| km 68,07 Garten    | 12.72    | 1:48:46    | 8:33         | 24          | 35:49       | 101     | 35:49      | 68.07         | 8:25:55    | 7:25         | 24       | 2:04:26     | 100     | 2:27:46    |
| km 80,53 Schloß    | 12.46    | 1:52:38    | 9:02         | 21          | 41:17       | 91      | 41:35      | 80.53         | 10:18:33   | 7:40         | 23       | 2:45:43     | 97      | 3:01:25    |
| km 99,65 Geden     | 19.12    | 2:25:01    | 7:35         | 9           | 34:35       | 35      | 40:18      | 99.65         | 12:43:34   | 7:39         | 19       | 3:20:18     | 83      | 3:28:32    |
| km 112,75 Sport    | 13.10    | 1:46:21    | 8:07         | 5           | 28:13       | 19      | 1:39:29    | 112.75        | 14:29:55   | 7:42         | 17       | 3:45:04     | 73      | 3:53:26    |
| km 124,92 Lichte   | 12.17    | 2:04:57    | 10:16        | 13          | 46:11       | 59      | 46:11      | 124.92        | 16:34:52   | 7:57         | 16       | 4:31:15     | 67      | 4:38:02    |
| km 134,98 Buck     | 10.06    | 1:24:53    | 8:26         | 5           | 27:24       | 33      | 27:24      | 134.98        | 17:59:45   | 7:59         | 14       | 4:58:39     | 60      | 4:59:02    |
| Test               | 9.89     | 1:50:15    | 11:08        | 16          | 47:28       | 74      | 47:28      | 144.87        | 19:50:00   | 8:12         | 13       | 5:46:07     | 57      | 5:46:07    |
| Stadion Lobeckst   | 16.01    | 3:04:49    | 11:32        | 22          | 1:14:57     | 103     | 1:14:57    | 160.90        | 22:54:49   | 8:32         | 16       | 7:01:04     | 66      | 7:01:04    |