



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Gass, Wolfgang

Club: Kleinmachnow

Number: 208

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 23:30:59

Speed: 6.84 km/h

Running performance: 8:46 min/km

Rank in course/Total: 89 (of 221)

Rank in course/Men: 81 (of 193)

Best time in course: 15:53:45

Rank in category: 7 (of 28)

Best time in the category: 17:43:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men			
km 6,28 Gedenk:	6.28	44:10	7:01	17	126	8:11	10:50	6.28	44:10	7:01	17	126	8:11	10:50	17	126	10:50
km 11,32 Behms	5.04	34:05	6:45	18	128	6:18	9:23	11.32	1:18:15	6:54	17	127	10:21	20:13	127	20:13	20:13
km 22,10 Lübars	10.78	1:17:31	7:11	21	154	26:35	26:35	22.10	2:35:46	7:02	20	137	36:32	42:35	137	42:35	42:35
km 32,52 Naturs	10.42	1:17:56	7:28	14	126	25:47	26:10	32.52	3:53:42	7:11	18	136	1:02:19	1:04:12	136	1:04:12	1:04:12
km 43,36 Ruderc	10.84	1:33:28	8:37	22	161	40:40	40:40	43.36	5:27:10	7:32	20	148	1:42:59	1:42:59	148	1:42:59	1:42:59
km 55,35 Schönv	11.99	1:27:54	7:19	10	86	26:53	27:37	55.35	6:55:04	7:29	13	126	2:09:52	2:10:36	126	2:10:36	2:10:36
km 68,07 Garten	12.72	1:40:01	7:51	7	64	26:08	27:04	68.07	8:35:05	7:34	12	112	2:36:00	2:36:56	112	2:36:56	2:36:56
km 80,53 Schloß	12.46	1:51:27	8:56	13	87	33:24	40:24	80.53	10:26:32	7:46	12	105	3:09:24	3:09:24	105	3:09:24	3:09:24
km 99,65 Geden	19.12	2:24:01	7:31	5	31	39:18	39:18	99.65	12:50:33	7:43	12	89	3:35:31	3:35:31	89	3:35:31	3:35:31
km 112,75 Sport	13.10	2:01:52	9:18	7	73	31:18	1:55:00	112.75	14:52:25	7:54	8	84	4:06:49	4:15:56	84	4:15:56	4:15:56
km 124,92 Lichte	12.17	2:18:56	11:24	11	108	51:52	1:00:10	124.92	17:11:21	8:15	9	86	4:58:41	5:14:31	86	5:14:31	5:14:31
km 134,98 Buck	10.06	1:41:57	10:08	9	92	25:08	44:28	134.98	18:53:18	8:23	9	87	5:23:49	5:52:35	87	5:52:35	5:52:35
Test	9.89	1:40:05	10:07	3	38	22:22	37:18	144.87	20:33:23	8:30	8	80	5:46:11	6:29:30	80	6:29:30	6:29:30
Stadion Lobeckst	16.01	2:57:36	11:05	12	92	50:34	1:07:44	160.90	23:30:59	8:46	7	81	5:47:25	7:37:14	81	7:37:14	7:37:14