



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Schenke, Holger

Club: LC Blue Liner

Number: 170

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:56:11

Speed: 6.72 km/h

Running performance: 8:56 min/km

Rank in course/Total: 109 (of 221)

Rank in course/Men: 98 (of 193)

Best time in course: 15:53:45

Rank in category: 24 (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	45:52	7:18	30	12:32	155	12:32	6.28	45:52	7:18	30	12:32	155	12:32
km 11,32 Behms	5.04	35:00	6:56	30	10:18	143	10:18	11.32	1:20:52	7:08	29	22:50	149	22:50
km 22,10 Lübars	10.78	1:14:58	6:57	27	20:25	131	24:02	22.10	2:35:50	7:03	30	42:39	143	42:39
km 32,52 Naturs	10.42	1:17:40	7:27	26	22:58	125	25:54	32.52	3:53:30	7:10	29	1:04:00	134	1:04:00
km 43,36 Ruderc	10.84	1:20:12	7:23	21	21:43	88	27:24	43.36	5:13:42	7:14	27	1:23:55	122	1:29:31
km 55,35 Schönv	11.99	1:31:40	7:38	24	28:27	109	31:23	55.35	6:45:22	7:19	27	1:46:47	117	2:00:54
km 68,07 Garten	12.72	1:52:48	8:52	26	39:51	119	39:51	68.07	8:38:10	7:36	28	2:16:41	115	2:40:01
km 80,53 Schloß	12.46	1:54:07	9:09	24	42:46	98	43:04	80.53	10:32:17	7:51	28	2:59:27	112	3:15:09
km 99,65 Geden	19.12	2:55:16	9:09	25	1:04:50	108	1:10:33	99.65	13:27:33	8:06	26	4:04:17	109	4:12:31
km 112,75 Sport	13.10	2:03:24	9:25	18	45:16	77	1:56:32	112.75	15:30:57	8:15	25	4:46:06	103	4:54:28
km 124,92 Lichte	12.17	2:00:54	9:56	8	42:08	46	42:08	124.92	17:31:51	8:25	25	5:28:14	97	5:35:01
km 134,98 Buck	10.06	1:41:45	10:06	18	44:16	91	44:16	134.98	19:13:36	8:32	24	6:12:30	97	6:12:53
Test	9.89	1:50:26	11:09	17	47:39	76	47:39	144.87	21:04:02	8:43	24	7:00:09	96	7:00:09
Stadion Lobeckst	16.01	2:52:09	10:45	14	1:02:17	81	1:02:17	160.90	23:56:11	8:55	24	8:02:26	98	8:02:26