



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**de Kruijff, Johannes**

Club: LBN Duisburg

Number: 259

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 25:16:35

Speed: 6.37 km/h

Running performance: 9:26 min/km

Rank in course/Total: 121 (of 221)

Rank in course/Men: 108 (of 193)

Best time in course: 15:53:45

Rank in category: 12 (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	44:20	7:03	18	132	8:21	11:00	6.28	44:20	7:03	18	132	8:21	11:00	18	132	8:21	11:00
km 11,32 Behms	5.04	35:07	6:58	21	145	7:20	10:25	11.32	1:19:27	7:01	19	139	11:33	21:25	19	139	11:33	21:25
km 22,10 Lübars	10.78	1:16:23	7:05	20	150	25:27	25:27	22.10	2:35:50	7:03	21	143	36:36	42:39	21	143	36:36	42:39
km 32,52 Naturs	10.42	1:21:04	7:46	20	145	28:55	29:18	32.52	3:56:54	7:17	20	143	1:05:31	1:07:24	20	143	1:05:31	1:07:24
km 43,36 Ruderc	10.84	1:29:43	8:16	16	142	36:55	36:55	43.36	5:26:37	7:31	19	144	1:42:26	1:42:26	19	144	1:42:26	1:42:26
km 55,35 Schönv	11.99	1:29:18	7:26	12	94	28:17	29:01	55.35	6:55:55	7:30	14	130	2:10:43	2:11:27	14	130	2:10:43	2:11:27
km 68,07 Garten	12.72	1:44:49	8:14	10	88	30:56	31:52	68.07	8:40:44	7:38	13	117	2:41:39	2:42:35	13	117	2:41:39	2:42:35
km 80,53 Schloß	12.46	1:43:10	8:16	8	61	25:07	32:07	80.53	10:23:54	7:44	11	102	3:06:46	3:06:46	11	102	3:06:46	3:06:46
km 99,65 Geden	19.12	2:19:35	7:18	4	27	34:52	34:52	99.65	12:43:29	7:39	9	82	3:28:27	3:28:27	9	82	3:28:27	3:28:27
km 112,75 Sport	13.10	4:31:23	20:42	23	174	3:00:49	4:24:31	112.75	17:14:52	9:10	14	137	6:29:16	6:38:23	14	137	6:29:16	6:38:23
km 124,92 Lichte	12.17	2:21:00	11:35	13	115	53:56	1:02:14	124.92	19:35:52	9:24	15	133	7:23:12	7:39:02	15	133	7:23:12	7:39:02
km 134,98 Buck	10.06	1:25:06	8:27	5	34	8:17	27:37	134.98	21:00:58	9:20	12	122	7:31:29	8:00:15	12	122	7:31:29	8:00:15
Test	9.89	2:07:56	12:56	12	112	50:13	1:05:09	144.87	23:08:54	9:35	12	116	8:21:42	9:05:01	12	116	8:21:42	9:05:01
Stadion Lobeckst	16.01	2:07:41	7:58	2	13	0:39	17:49	160.90	25:16:35	9:25	12	108	7:33:01	9:22:50	12	108	7:33:01	9:22:50