



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**Hennig, Sven Heiko**

Club: Gedenken an Fiedel 1985

Number: 175

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:30:57

Speed: 6.31 km/h

Running performance: 9:31 min/km

Rank in course/Total: 123 (of 221)

Rank in course/Men: 110 (of 193)

Best time in course: 15:53:45

Rank in category: 16 (of 35)

Best time in the category: 17:53:12

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| km 6,28 Gedenk:  | 6.28        | 45:01         | 7:10            | 27          | 8:48           | 139         | 11:41         | 6.28          | 45:01         | 7:10            | 27          | 8:48           | 139        | 11:41         |
| km 11,32 Behms   | 5.04        | 37:35         | 7:27            | 33          | 10:29          | 179         | 12:53         | 11.32         | 1:22:36       | 7:17            | 30          | 16:33          | 163        | 24:34         |
| km 22,10 Lübars  | 10.78       | 1:14:44       | 6:55            | 23          | 18:01          | 127         | 23:48         | 22.10         | 2:37:20       | 7:07            | 27          | 31:27          | 153        | 44:09         |
| km 32,52 Naturs  | 10.42       | 1:12:30       | 6:57            | 22          | 16:13          | 93          | 20:44         | 32.52         | 3:49:50       | 7:04            | 24          | 47:40          | 121        | 1:00:20       |
| km 43,36 Ruderc  | 10.84       | 1:18:32       | 7:14            | 18          | 18:46          | 83          | 25:44         | 43.36         | 5:08:22       | 7:06            | 23          | 1:04:48        | 111        | 1:24:11       |
| km 55,35 Schönv  | 11.99       | 1:28:38       | 7:23            | 18          | 22:59          | 88          | 28:21         | 55.35         | 6:37:00       | 7:10            | 20          | 1:26:27        | 103        | 1:52:32       |
| km 68,07 Garten  | 12.72       | 1:49:02       | 8:34            | 20          | 33:36          | 103         | 36:05         | 68.07         | 8:26:02       | 7:26            | 20          | 1:59:29        | 101        | 2:27:53       |
| km 80,53 Schloß  | 12.46       | 1:51:03       | 8:54            | 18          | 34:01          | 86          | 40:00         | 80.53         | 10:17:05      | 7:39            | 20          | 2:33:30        | 96         | 2:59:57       |
| km 99,65 Geden   | 19.12       | 2:56:56       | 9:15            | 22          | 1:03:53        | 113         | 1:12:13       | 99.65         | 13:14:01      | 7:58            | 20          | 3:18:12        | 101        | 3:58:59       |
| km 112,75 Sport  | 13.10       | 2:53:00       | 13:12           | 25          | 1:25:21        | 143         | 2:46:08       | 112.75        | 16:07:01      | 8:34            | 19          | 4:16:36        | 114        | 5:30:32       |
| km 124,92 Lichte | 12.17       | 2:13:19       | 10:57           | 17          | 37:51          | 93          | 54:33         | 124.92        | 18:20:20      | 8:48            | 18          | 4:40:55        | 108        | 6:23:30       |
| km 134,98 Buck   | 10.06       | 1:47:14       | 10:39           | 17          | 35:43          | 106         | 49:45         | 134.98        | 20:07:34      | 8:56            | 18          | 5:16:38        | 111        | 7:06:51       |
| Test             | 9.89        | 2:12:47       | 13:25           | 19          | 1:03:53        | 123         | 1:10:00       | 144.87        | 22:20:21      | 9:15            | 16          | 6:20:31        | 107        | 8:16:28       |
| Stadion Lobeckst | 16.01       | 3:10:36       | 11:54           | 19          | 1:17:14        | 122         | 1:20:44       | 160.90        | 25:30:57      | 9:30            | 16          | 7:37:45        | 110        | 9:37:12       |