



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**Raab, Michael**

Club: TRAIL-MANIAKS

Number: 243

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 18:47:19

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 12 (of 221)

Rank in course/Men: 10 (of 193)

Best time in course: 15:53:45

Rank in category: 2 (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.	Stage score		Total ranking						
						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	36:30	5:48	5	3:10	24	3:10	6.28	36:30	5:48	5	3:10	24	3:10
km 11,32 Behms	5.04	33:47	6:42	26	9:05	122	9:05	11.32	1:10:17	6:12	13	12:15	51	12:15
km 22,10 Lübars	10.78	1:00:44	5:38	7	6:11	34	9:48	22.10	2:11:01	5:55	10	17:50	41	17:50
km 32,52 Naturs	10.42	1:02:46	6:01	9	8:04	39	11:00	32.52	3:13:47	5:57	9	24:17	37	24:17
km 43,36 Ruderc	10.84	1:12:40	6:42	9	14:11	50	19:52	43.36	4:26:27	6:08	8	36:40	39	42:16
km 55,35 Schönv	11.99	1:14:11	6:11	8	10:58	30	13:54	55.35	5:40:38	6:09	9	42:03	37	56:10
km 68,07 Garten	12.72	1:23:49	6:35	5	10:52	21	10:52	68.07	7:04:27	6:14	8	42:58	30	1:06:18
km 80,53 Schloß	12.46	1:27:27	7:01	5	16:06	18	16:24	80.53	8:31:54	6:21	8	59:04	27	1:14:46
km 99,65 Geden	19.12	2:07:25	6:39	4	16:59	10	22:42	99.65	10:39:19	6:24	4	1:16:03	19	1:24:17
km 112,75 Sport	13.10	1:34:12	7:11	3	16:04	10	1:27:20	112.75	12:13:31	6:30	3	1:28:40	14	1:37:02
km 124,92 Lichte	12.17	1:41:09	8:18	4	22:23	15	22:23	124.92	13:54:40	6:40	4	1:51:03	14	1:57:50
km 134,98 Buck	10.06	1:30:53	9:02	8	33:24	50	33:24	134.98	15:25:33	6:51	2	2:24:27	12	2:24:50
Test	9.89	1:19:13	8:00	2	16:26	7	16:26	144.87	16:44:46	6:56	2	2:40:53	11	2:40:53
Stadion Lobeckst	16.01	2:02:33	7:39	3	12:41	8	12:41	160.90	18:47:19	7:00	2	2:53:34	10	2:53:34