



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detailed evaluation

**Lang, Stefan**

Club: LG MuLi

Number: 213

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:55:39

Speed: 8.07 km/h

Running performance: 7:26 min/km

Rank in course/Total: 22 (of 221)

Rank in course/Men: 19 (of 193)

Best time in course: 15:53:45

Rank in category: 3 (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  |          | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|--------|----------|-----------------|-------------|----------------|---------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km     | Time     |                 |             |                | Pos<br>Men    | Behind<br>Men |
| km 6,28 Gedenk:  | 6.28        | 41:24         | 6:35            | 14          | 5:11           | 59          | 8:04          | 6.28   | 41:24    | 6:35            | 14          | 5:11           | 59            | 8:04          |
| km 11,32 Behms   | 5.04        | 29:12         | 5:47            | 9           | 2:06           | 30          | 4:30          | 11.32  | 1:10:36  | 6:14            | 13          | 4:33           | 55            | 12:34         |
| km 22,10 Lübars  | 10.78       | 1:05:15       | 6:03            | 12          | 8:32           | 54          | 14:19         | 22.10  | 2:15:51  | 6:08            | 12          | 9:58           | 57            | 22:40         |
| km 32,52 Naturs  | 10.42       | 1:02:21       | 5:59            | 9           | 6:04           | 36          | 10:35         | 32.52  | 3:18:12  | 6:05            | 10          | 16:02          | 46            | 28:42         |
| km 43,36 Ruderc  | 10.84       | 1:08:21       | 6:18            | 8           | 8:35           | 34          | 15:33         | 43.36  | 4:26:33  | 6:08            | 9           | 22:59          | 40            | 42:22         |
| km 55,35 Schönv  | 11.99       | 1:15:46       | 6:19            | 8           | 10:07          | 35          | 15:29         | 55.35  | 5:42:19  | 6:11            | 9           | 31:46          | 40            | 57:51         |
| km 68,07 Garten  | 12.72       | 1:34:48       | 7:27            | 10          | 19:22          | 47          | 21:51         | 68.07  | 7:17:07  | 6:25            | 8           | 50:34          | 37            | 1:18:58       |
| km 80,53 Schloß  | 12.46       | 1:28:49       | 7:07            | 6           | 11:47          | 24          | 17:46         | 80.53  | 8:45:56  | 6:31            | 7           | 1:02:21        | 33            | 1:28:48       |
| km 99,65 Geden   | 19.12       | 2:32:09       | 7:57            | 8           | 39:06          | 55          | 47:26         | 99.65  | 11:18:05 | 6:48            | 8           | 1:22:16        | 36            | 2:03:03       |
| km 112,75 Sport  | 13.10       | 1:48:52       | 8:18            | 4           | 21:13          | 25          | 1:42:00       | 112.75 | 13:06:57 | 6:58            | 7           | 1:16:32        | 32            | 2:30:28       |
| km 124,92 Lichte | 12.17       | 1:52:38       | 9:15            | 8           | 17:10          | 29          | 33:52         | 124.92 | 14:59:35 | 7:12            | 7           | 1:20:10        | 31            | 3:02:45       |
| km 134,98 Buck   | 10.06       | 1:20:14       | 7:58            | 7           | 8:43           | 21          | 22:45         | 134.98 | 16:19:49 | 7:15            | 6           | 1:28:53        | 27            | 3:19:06       |
| Test             | 9.89        | 1:26:53       | 8:47            | 4           | 17:59          | 15          | 24:06         | 144.87 | 17:46:42 | 7:21            | 4           | 1:46:52        | 24            | 3:42:49       |
| Stadion Lobeckst | 16.01       | 2:08:57       | 8:03            | 3           | 15:35          | 17          | 19:05         | 160.90 | 19:55:39 | 7:25            | 3           | 2:02:27        | 19            | 4:01:54       |