



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Teichert, Gerd

Club: TSG Seelow

Number: 133

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 21:35:49

Speed: 7.45 km/h

Running performance: 8:03 min/km

Rank in course/Total: 48 (of 221)

Rank in course/Men: 43 (of 193)

Best time in course: 15:53:45

Rank in category: 9 (of 35)

Best time in the category: 17:53:12

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	41:58	6:40	19	5:45	85	8:38	6.28	41:58	6:40	19	5:45	85	8:38
km 11,32 Behms	5.04	29:49	5:54	12	2:43	43	5:07	11.32	1:11:47	6:20	15	5:44	69	13:45
km 22,10 Lübars	10.78	1:09:47	6:28	20	13:04	86	18:51	22.10	2:21:34	6:24	18	15:41	80	28:23
km 32,52 Naturs	10.42	1:09:23	6:39	17	13:06	70	17:37	32.52	3:30:57	6:29	19	28:47	78	41:27
km 43,36 Ruderc	10.84	1:18:00	7:11	17	18:14	80	25:12	43.36	4:48:57	6:39	18	45:23	75	1:04:46
km 55,35 Schönv	11.99	1:31:15	7:36	21	25:36	105	30:58	55.35	6:20:12	6:52	18	1:09:39	78	1:35:44
km 68,07 Garten	12.72	1:41:35	7:59	17	26:09	76	28:38	68.07	8:01:47	7:04	18	1:35:14	77	2:03:38
km 80,53 Schloß	12.46	1:42:07	8:11	12	25:05	58	31:04	80.53	9:43:54	7:15	17	2:00:19	73	2:26:46
km 99,65 Geden	19.12	2:41:40	8:27	13	48:37	78	56:57	99.65	12:25:34	7:28	18	2:29:45	73	3:10:32
km 112,75 Sport	13.10	1:52:17	8:34	8	24:38	38	1:45:25	112.75	14:17:51	7:36	15	2:27:26	64	3:41:22
km 124,92 Lichte	12.17	1:50:59	9:07	7	15:31	27	32:13	124.92	16:08:50	7:45	11	2:29:25	54	4:12:00
km 134,98 Buck	10.06	1:29:06	8:51	10	17:35	41	31:37	134.98	17:37:56	7:50	11	2:47:00	51	4:37:13
Test	9.89	1:36:44	9:46	7	27:50	29	33:57	144.87	19:14:40	7:58	9	3:14:50	45	5:10:47
Stadion Lobeckst	16.01	2:21:09	8:48	5	27:47	31	31:17	160.90	21:35:49	8:03	9	3:42:37	43	5:42:04