



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Kowsky, Mirko

Club: LV Tote Hose

Number: 44

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:54:49

Speed: 7.02 km/h

Running performance: 8:32 min/km

Rank in course/Total: 72 (of 221)

Rank in course/Men: 66 (of 193)

Best time in course: 15:53:45

Rank in category: 16 (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.	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	44:05	7:01	26	10:45	124	10:45	6.28	44:05	7:01	26	10:45	124	10:45
km 11,32 Behms	5.04	31:35	6:15	19	6:53	79	6:53	11.32	1:15:40	6:41	25	17:38	115	17:38
km 22,10 Lübars	10.78	1:10:12	6:30	21	15:39	88	19:16	22.10	2:25:52	6:36	21	32:41	99	32:41
km 32,52 Naturs	10.42	1:14:17	7:07	24	19:35	111	22:31	32.52	3:40:09	6:46	24	50:39	106	50:39
km 43,36 Ruderc	10.84	1:24:34	7:48	28	26:05	123	31:46	43.36	5:04:43	7:01	23	1:14:56	107	1:20:32
km 55,35 Schönv	11.99	1:32:26	7:42	25	29:13	115	32:09	55.35	6:37:09	7:10	23	1:38:34	104	1:52:41
km 68,07 Garten	12.72	1:48:46	8:33	24	35:49	101	35:49	68.07	8:25:55	7:25	24	2:04:26	100	2:27:46
km 80,53 Schloß	12.46	1:52:38	9:02	21	41:17	91	41:35	80.53	10:18:33	7:40	23	2:45:43	97	3:01:25
km 99,65 Geden	19.12	2:25:01	7:35	9	34:35	35	40:18	99.65	12:43:34	7:39	19	3:20:18	83	3:28:32
km 112,75 Sport	13.10	1:46:21	8:07	5	28:13	19	1:39:29	112.75	14:29:55	7:42	17	3:45:04	73	3:53:26
km 124,92 Lichte	12.17	2:04:57	10:16	13	46:11	59	46:11	124.92	16:34:52	7:57	16	4:31:15	67	4:38:02
km 134,98 Buck	10.06	1:24:53	8:26	5	27:24	33	27:24	134.98	17:59:45	7:59	14	4:58:39	60	4:59:02
Test	9.89	1:50:15	11:08	16	47:28	74	47:28	144.87	19:50:00	8:12	13	5:46:07	57	5:46:07
Stadion Lobeckst	16.01	3:04:49	11:32	22	1:14:57	103	1:14:57	160.90	22:54:49	8:32	16	7:01:04	66	7:01:04