



# 100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

## Detalizēti rezultāti

### RundumBerlin-Runners

Klubs: RundumBerlin-Runners

Numurs: 4012

Posms: 160.90 km

100MeilenBerlin

Grupa:

Staffel 4x 40km

Kopējais laiks: 15:24:41

Ātrums: 10.38 km/h

Skrējiena izpildījums: 5:45 min/km

Vieta distancē/Kopā: 3 (no 12)

Vieta distancē/Kopā: 3 (no 12)

Distances labākais laiks: 13:23:57

Vieta grupā: 2(no 10)

Grupas labākais laiks: 14:43:38

### Vidējie laiki

### Posma rezultāts

### Kopējais rezultāts

| Kontrolpunkts    | Posma |         | Posma<br>min/km | Vietāztrūkum:Vietāztrūkums |       |      |       | Kopā   |          | Kopā<br>min/km | Vietāztrūkum:Vietāztrūkums |       |      |         |
|------------------|-------|---------|-----------------|----------------------------|-------|------|-------|--------|----------|----------------|----------------------------|-------|------|---------|
|                  | km    | Laiks   |                 | grupā                      | grupā | Kopā | Kopā  | km     | Laiks    |                | grupā                      | grupā | Kopā | Kopā    |
| km 6,28 Gedenk:  | 6.28  | 31:53   | 5:04            | 1                          | -     | 2    | 0:09  | 6.28   | 31:53    | 5:04           | 1                          | -     | 2    | 0:09    |
| km 11,32 Behms   | 5.04  | 25:40   | 5:05            | 2                          | 0:04  | 2    | 0:04  | 11.32  | 57:33    | 5:05           | 2                          | 0:03  | 2    | 0:03    |
| km 22,10 Lübars  | 10.78 | 51:49   | 4:48            | 2                          | 0:16  | 3    | 1:09  | 22.10  | 1:49:22  | 4:56           | 2                          | 0:19  | 3    | 0:51    |
| km 32,52 Naturs  | 10.42 | 47:36   | 4:34            | 1                          | -     | 2    | 1:07  | 32.52  | 2:36:58  | 4:49           | 1                          | -     | 2    | 1:58    |
| km 43,36 Ruderc  | 10.84 | 52:17   | 4:49            | 1                          | -     | 2    | 4:17  | 43.36  | 3:29:15  | 4:49           | 1                          | -     | 2    | 6:15    |
| km 55,35 Schönv  | 11.99 | 1:15:17 | 6:16            | 5                          | 9:37  | 6    | 23:18 | 55.35  | 4:44:32  | 5:08           | 1                          | -     | 2    | 29:33   |
| km 68,07 Garten  | 12.72 | 1:22:24 | 6:28            | 3                          | 7:03  | 4    | 24:39 | 68.07  | 6:06:56  | 5:23           | 2                          | 4:22  | 3    | 54:12   |
| km 80,53 Schloß  | 12.46 | 1:25:57 | 6:53            | 3                          | 5:43  | 4    | 26:25 | 80.53  | 7:32:53  | 5:37           | 2                          | 10:05 | 3    | 1:20:37 |
| km 99,65 Geden   | 19.12 | 1:46:04 | 5:32            | 2                          | 14:00 | 3    | 21:21 | 99.65  | 9:18:57  | 5:36           | 2                          | 24:05 | 3    | 1:41:58 |
| km 112,75 Sport  | 13.10 | 1:24:06 | 6:25            | 3                          | 6:07  | 4    | 6:07  | 112.75 | 10:43:03 | 5:42           | 2                          | 30:12 | 3    | 1:46:57 |
| km 124,92 Lichte | 12.17 | 1:13:40 | 6:03            | 4                          | 19:09 | 5    | 19:09 | 124.92 | 11:56:43 | 5:44           | 2                          | 49:21 | 3    | 1:55:21 |
| km 134,98 Buck   | 10.06 | 55:50   | 5:33            | 3                          | 11:16 | 4    | 11:16 | 134.98 | 12:52:33 | 5:43           | 2                          | 54:30 | 3    | 1:56:32 |
| Test             | 9.89  | 1:00:25 | 6:06            | 1                          | -     | 2    | 0:23  | 144.87 | 13:52:58 | 5:44           | 2                          | 53:50 | 3    | 1:56:55 |
| Stadion Lobeckst | 16.03 | 1:31:43 | 5:43            | 1                          | -     | 2    | 3:49  | 160.90 | 15:24:41 | 5:44           | 2                          | 41:03 | 3    | 2:00:44 |