

100 km Berlin - Staffel

10 x 10.000 m im Stadion

PRINCIPLES

1) Basic principles (since April 1978)

The event must take place in a stadium with a 400-m-track. Runners have to use a relay-stick.

A relay team consists of 10 runners. Every team member must run 25 rounds and can run only once. The length of the changing zone is 20 m (10m in front of, and 10m behind the start/finish-line). The start/finish-line can be transferred back about 50m into the middle of the 100m lane.

To avoid mistakes, the overall running time is not only recorded at the end of every 10,000m but every time a runner passes the start/finish-line. The organizer provides for counting forms (an electronic time recording with a computer is also allowed).

Mixed relay teams (male/female) are allowed. Non-members of a sports club can also set up a relay team with any given name but cannot go for records (see 2.).

2) Condition for the acceptance as best performance: national or world record

All members of a relay team must be members of the same registered sports organization. Wearing the organization clothes is desired, but not required.

The presence of at least one official (DLV) referee, which must countersign the running protocol, is necessary.

3) Evaluation categories

Male; female; youth male; youth female; pupils male; pupils female

Age classes: male/female: 30; 35; 40; 45; 50; 55 and older

All members of a team must fulfil the age class conditions if the team wants to start in a specific age class.

Mixed relay team: 5 male and 5 female starting alternately.

Until today 435 relay teams ran the 100km Berlin-Staffel in Berlin, Wil (CH), Weinfeldern (CH), Reydt, Hanau, Leipzig, Boulder (Colorado USA) and San Diego (California USA). Overall running times were from 5:18:17 to 8:32:25.

You will find all records (actually until October 2007) on:

www.recordholders.org/de/list/10x10km.html

or on:

www.100km-berlin-staffel.de Link: Rekorde

Records exist to be broken!!!

Initiator & statistics:

Horst Schuller

Klingsorstr.28 D-12167 Berlin Germany

Phone: +49 30 792 63 74 | Fax : +49 30 79 74 57 24

Email: 100km-Berlin-Staffel@gmx.de