

31st World
Championship

2022

BERLIN BERNAU 100



31st World Championship 100km

09/17/2022 in Berlin·Bernau

The 100 km is THE premium discipline in ultra-distance running. Since 1987, national championships have been held over this distance by the German Athletics Association (DLV) and world championships by the International Association of Ultrarunners.

A fascinating and highly demanding competition, which also offers a spectacular experience to the spectators. The top runners run this distance under seven hours or even far below. The world record is 6:09:14 hours, which corresponds to an average speed of 16 km/h. This is a speed that also fascinates the spectators. A pace that also keeps the spectators on their toes.



The initiators – DUV e.V.

We bring the World Championship to Berlin·Bernau

In 1987, on the initiative of the German Ultramarathon Association e.V. (DUV), the first German championship in 100 km road running was organized. The DUV has set itself the goal of organizing a World Championship in ultramarathon in Germany for the first time in 2022, 35 years after this milestone. In order to be able to submit an application for the World Championship 100 km to the International Association of Ultrarunners (IAU) via the DLV, the “Ultramarathon Veranstaltungs gemeinnützige UG” with headquarters in Berlin was founded in November 2020 as the organizational framework. Berlin and Bernau are planned as event locations.

German Ultramarathon Association e.V.

The Deutsche Ultramarathon-Vereinigung e.V. (German Ultramarathon Association), abbreviated DUV e.V., was founded in 1985 in order to promote and cultivate long-distance running beyond marathon running in both popular and top-class sports. The association, which has over 1,800 members, maintains publicly accessible running statistics with more than 1.5 million runner profiles and over 6.2 million running results, publishes the trade journal ULTRAMARATHON four times a year, and organizes the DLV championships in the 100 km run, 50 km run, ultratrail, and 24-hour run through a cooperation agreement with the German Athletics Association.

Further informations: www.ultra-marathon.org



Guest in Berlin - on the track from Bernau

Ceremonies and flag parade at the Brandenburg Gate



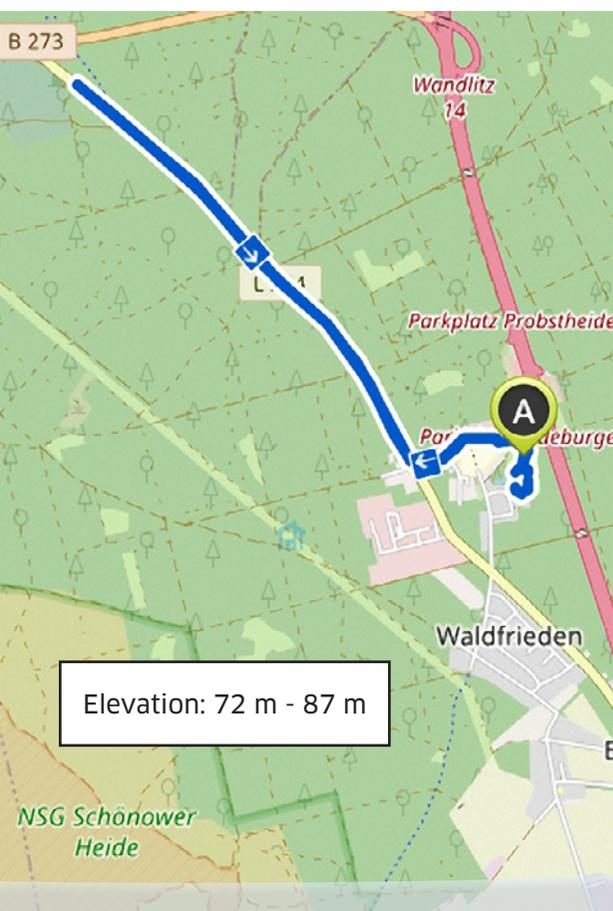
Berlin with its surrounding area is one of the running metropolises - not only over distances up to marathon with its world record course. In addition to German championships over 50 km and 100 km in Berlin, the 100 miles of Berlin, which since 2011 has followed the route of the former Berlin Wall, are particularly important events. High-performance clubs such as the Ultrateam of the LG Nord Berlin, the LG Mauerweg or the Laufpartner are based in the German capital.

With 18.4% forest area and the many lakes and rivers with beautiful riverside paths, Berlin is an ideal running area. Running distances beyond the marathon distance is enjoying a rapid rise in popularity. We are pleased to be able to host the premium discipline of ultra running, the 100 km road race, with a world championship in the Berlin metropolitan region. The team hotel, flag parade, winners' ceremony and logistics center will be in the heart of the city.



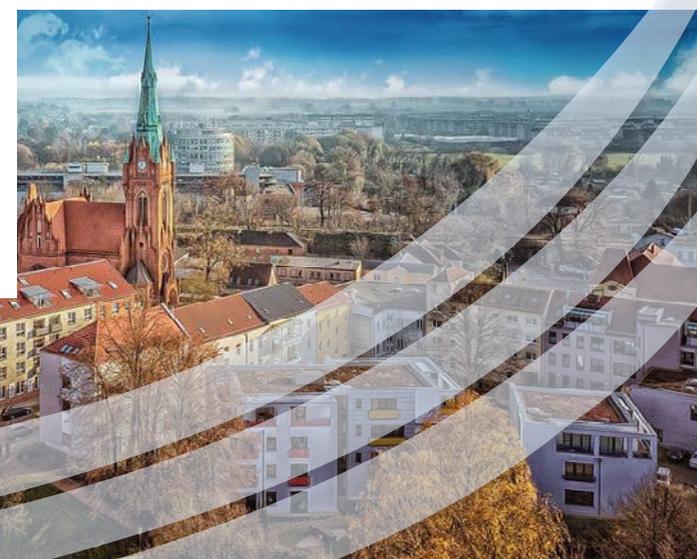
Guest in Berlin – on the track from Bernau

through windless forests and fast on asphalt –
7.5 km Start-Finish Barnim Gymnasium



The town of Bernau bei Berlin, with its 40,000 inhabitants, is located just outside Berlin to the northeast. Bernau is home to the Bauhaus monument Bundesschule, the largest Bauhaus building next to the Bauhaus itself. The architectural monument ensemble is also home to the Barnim Gymnasium, an outdoor swimming pool and a sports ground. Since 2017, the former Federal School, built between 1928 and 1930, has been a UNESCO World Heritage Site. The area at the Bauhaus monument is the center of the running event on the day of the race. From the sports grounds, the running course leads onto the wide, wind-protected Wandlitzer Chaussee. The flat course promises fast times. One year before the World Championships, the 33rd German Championships in 100 km road running will be held on the same course.

Since 2004 Bernau has been the venue for races up to 24h. In 2020, as a substitute for the cancellation of German championships due to the pandemic, the DUV Challenge over various ultra distances took place at the Bauhaus Monument.



100km World Championships

since 1987



Year	Country / City	Year	Country / City
1987	Belgien, Torhout	2003	Taiwan, Tainan
1988	Spanien, Santander	2004	Niederlande, Winschoten
1989	Frankreich, Paris	2005	Japan, Kitami
1990	Vereinigte Staaten, Duluth	2006	Südkorea, Misari-Seoul
1991	Italien, Florenz-Faenza,	2007	Niederlande, Winschoten
1992	Spanien, Palamós	2008	Italien, Tuscania-Tarquinoa
1993	Belgien, Torhout	2009	Belgien, Torhout
1994	Japan, Kitami	2010	Gibraltar, Gibraltar
1995	Niederlande, Winschoten	2011	Niederlande, Winschoten
1996	Russland, Moskau	2012	Italien, Seregno
1997	Niederlande, Winschoten	2013	abgesagt
1998	Japan, Nakamura	2014	Katar, Doha
1999	Frankreich, Chavagnes-en-Paillers	2015	Niederlande, Winschoten
2000	Niederlande, Winschoten	2016	Spanien, Los Alcázares
2001	Frankreich, Cléder	2018	Kroatien, Sveti Martin na Muri
2002	Belgien, Torhout		

Retrospect: World Championship 2018 in Croatia

252 runners from 41 nations run for a common goal
in Sveti Martin na Muri



In a large field of 109 women and 143 men from 41 countries at the 30th 100 km World Championships in Croatia, the German national team achieved sensational success in both the women's and men's races and was rewarded with silver (women's individual) and bronze (men's team).

Nele Alder-Baerens not only won the silver medal with 7:22:41 just behind Nikolina Sustic (CRO), but also set a new deaf world record. The later world and vice world champions were never more than 2 minutes apart during the whole race and had a very close race.

2 minutes apart over the entire course of the race and delivered a duel that was enthusiastically followed by the international spectators at the side of the course.

The German men's team was initially only in 9th place. However, they were able to sensationally fight their way up to 3rd place thanks to cleverly divided races and the very strong final sections that were possible as a result. Only in the last 15 km they relegated the USA to 4th place with a total lead of 3 minutes. Japan won gold with three men in the top four ahead of South Africa. At the WMA Senior World Championships, which took place at the same time, Germany won 3 gold medals and 1 silver.

Retrospect: World Championship 2018 in Croatia

Vice world championship title for Nele Alder-Baerens
and bronze medal for the German men's team



Forward-looking: **DLV Consultant & Team Manager**

Two legends of the 100 km ultramarathon with the goal of a successful German team



André Collet

DLV Team Manager 50km + 100km
PB 100km 6:44:54 hrs.
3 x German Champion
3rd place 2010 EC Gibraltar
3 x world champion age group
7 world championship participations

Organized sport, whether at the top level or in popular sport, is always based on a symbiosis of active athletes and committed officials. Since the sport of ultra-running is pursued ambitiously into old age, it is an outstanding feature of this sport that the functionaries are still actively involved in the sport, sometimes with outstanding achievements. For example, the team manager of the 100 km national team, André Collet, is himself the German champion of 2019 (in 6:53:22 hrs) and furthermore the German champion of Ultratrail. The DLV's ultramarathon consultant, Michael Sommer, still competed himself for the national team at a world championship in 2016. He won the silver medal in the age group 50 and is also the sports director of the DUV. Michael Sommer is responsible at the DLV for the national teams in the 4 ultra running disciplines in which world championships are held: 50 km, 24h, ultra trail and the 100 km.

Prerequisite for the appointment to the national team is the achievement of a standard. This is currently set at 7:00 hours for the men's 100 km and 8:00 hours for the women's 100 km. Beyond that one can be called up, if on basis of the previous achievements of a team, a team result of 21:45 hr. with 3 men or 25:30 hr. with 3 women is possible.



Michael Sommer

DUV Sports Director /
DLV ultramarathon consultant
PB 100km 6:42:45 hrs.
9 x German Champion
3rd place 2003 WC Taiwan
4 x world champion age group
19 world championship participations

Worldmasters WMA

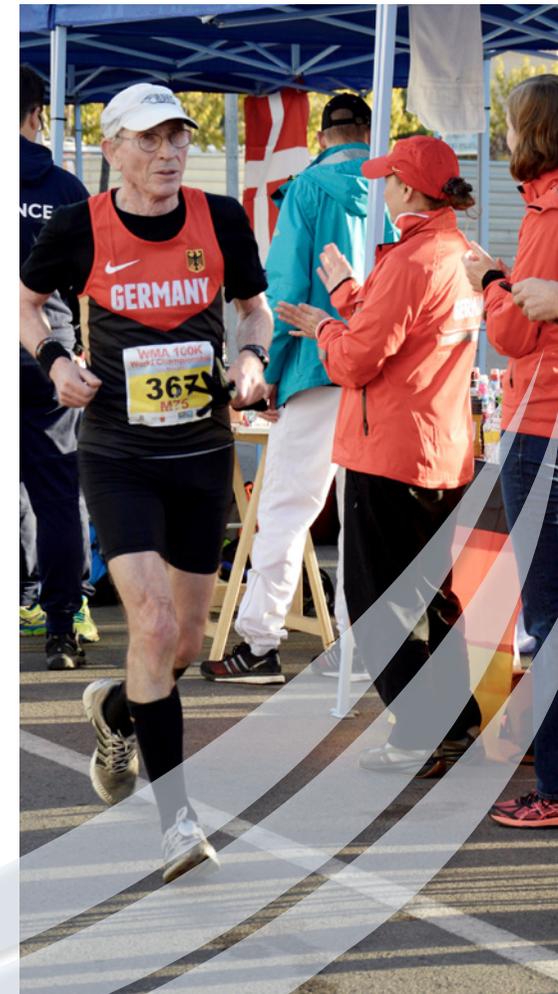
Open World Age Group Championships



The Worldmasters Championships, which are embedded in this event, will be held in parallel. Age group winners of the respective national championships are eligible to compete and run for their titles at the same time.

World Masters Athletics (WMA), founded in 1977, hosts championships for age classes 35 and older. Due to an agreement between the two federations IAU and WMA, both world championships are held in one event.

For example, the German runners André Collet with 7:01:07 in the M45 and Hans-Dieter Jancker with 9:05:59 in the M65 won gold. The time of Nele Alder-Baerens meant the world champion title in the W40. In Sveti Martin a total of 275 runners were classified. The share of women was almost 40% and shows that the share of women in ultra cross country running is higher than in other running disciplines.



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