



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

Jug, Toni

Club: VfL Ahaus

Number: 232

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 20:17:47

Speed: 7.93 km/h

Running performance: 7:31 min/km

Rank in course/Total: 32 (of 319)

Rank in course/Men: 26 (of 257)

Best time in course: 15:20:48

Rank in category: 5 (of 50)

Best time in the category: 15:44:00

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
VP1 - Brandenbu	7.30	44:41	6:07	13	7:40	66	11:24	7.30	44:41	6:07	13	7:40	66	11:24
VP2 - East Side C	6.46	41:14	6:22	14	8:54	71	11:08	13.76	1:25:55	6:14	11	16:34	61	22:17
VP3 - Dammweg	5.90	37:05	6:17	12	7:02	70	9:30	19.66	2:03:00	6:15	11	23:36	64	30:19
VP4 - Johannisth	5.64	35:19	6:15	11	6:34	56	8:44	25.30	2:38:19	6:15	11	30:10	59	39:03
VP5 - U-Bahnhof	5.90	39:09	6:38	12	8:08	74	10:15	31.20	3:17:28	6:19	11	38:18	60	48:56
VP6 - Buckow	4.92	32:42	6:38	11	6:07	65	8:04	36.12	3:50:10	6:22	11	44:21	61	57:00
VP7 - Kirchhainer	6.17	39:14	6:21	6	4:34	38	8:10	42.29	4:29:24	6:22	11	48:50	57	1:05:10
VP8 - Lichtenradi	4.37	25:29	5:49	3	1:16	17	3:24	46.66	4:54:53	6:19	10	49:08	54	1:08:34
VP9 - Osdorfer St	5.71	34:54	6:06	6	4:17	31	5:22	52.37	5:29:47	6:17	11	46:13	54	1:13:56
VP10 - Sportplatz	6.50	41:05	6:19	3	4:32	13	6:15	58.87	6:10:52	6:17	7	39:21	42	1:20:11
VP11 - Königsw	6.22	58:06	9:20	33	19:35	151	23:56	65.09	7:08:58	6:35	9	58:48	48	1:36:45
VP12 - Gedenkst	6.85	42:19	6:10	2	3:56	8	3:56	71.94	7:51:17	6:33	8	1:02:44	38	1:36:32
VP13 - Brauhaus	6.88	44:43	6:29	3	6:03	10	6:03	78.82	8:36:00	6:32	7	1:08:47	29	1:37:35
VP14 - Revierförs	5.70	43:32	7:38	6	11:28	30	11:28	84.52	9:19:32	6:37	8	1:20:15	29	1:46:47
VP15 - Schloss S	6.24	53:45	8:36	6	15:13	34	17:14	90.76	10:13:17	6:45	8	1:35:28	29	2:01:18
VP16 - Pagel & Fi	7.60	59:09	7:46	8	15:26	26	15:26	98.36	11:12:26	6:50	7	1:50:54	27	2:12:14
VP17 - Karolinenl	4.91	35:24	7:12	5	6:57	17	6:57	103.27	11:47:50	6:51	7	1:57:51	27	2:16:15
VP18 - Falkensee	6.60	50:49	7:41	5	12:27	32	12:27	109.87	12:38:39	6:54	6	2:10:18	26	2:27:44
VP19 - Schönwal	5.95	45:35	7:39	4	9:57	19	10:19	115.82	13:24:14	6:56	6	2:20:15	26	2:38:03
VP20 - Grenzturn	7.60	1:07:07	8:49	11	21:52	52	23:56	123.42	14:31:21	7:03	7	2:42:07	27	3:01:59
VP21 - Ruderclub	4.78	47:10	9:52	11	16:44	52	19:55	128.20	15:18:31	7:09	7	2:58:51	28	3:21:54
VP22 - Frohnau	4.07	39:08	9:36	15	14:39	70	14:39	132.27	15:57:39	7:14	7	3:13:30	28	3:36:27
VP23 - Naturschu	6.61	1:01:40	9:19	9	22:01	52	22:01	138.88	16:59:19	7:20	7	3:35:31	29	3:57:01
VP24 - Oranienbu	4.98	45:04	9:02	8	13:17	37	15:18	143.86	17:44:23	7:23	7	3:48:48	28	4:11:24
VP25 - Laufftreff l	5.34	50:01	9:21	9	18:09	48	20:04	149.20	18:34:24	7:28	6	4:06:57	26	4:28:35
VP26 - Wilhelmsr	5.72	44:09	7:43	8	8:43	34	12:01	154.92	19:18:33	7:28	5	4:15:40	25	4:40:06
VP27 - Wollankst	3.02	28:37	9:28	8	9:24	51	19:02	157.94	19:47:10	7:30	5	4:25:04	27	12:16:01
Friedrich-Ludwig	3.96	30:37	7:43	13	8:43	63	10:12	161.90	20:17:47	7:31	5	4:33:47	26	4:56:59