



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Fölting, Andreas**

Club: TSV Raesfeld

Number: 184

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 20:17:47

Speed: 7.93 km/h

Running performance: 7:31 min/km

Rank in course/Total: 33 (of 319)

Rank in course/Men: 26 (of 257)

Best time in course: 15:20:48

Rank in category: 3(of 31)

Best time in the category: 15:20:48

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	44:40	6:07	11	5:03	64	11:23	7.30	44:40	6:07	11	5:03	64	11:23
VP2 - East Side C	6.46	41:26	6:24	11	7:08	77	11:20	13.76	1:26:06	6:15	10	12:06	62	22:28
VP3 - Dammweg	5.90	37:29	6:21	12	6:30	77	9:54	19.66	2:03:35	6:17	11	18:35	69	30:54
VP4 - Johannisth	5.64	35:05	6:13	8	6:09	54	8:30	25.30	2:38:40	6:16	9	24:44	60	39:24
VP5 - U-Bahnhof	5.90	38:30	6:31	9	7:54	59	9:36	31.20	3:17:10	6:19	8	32:38	58	48:38
VP6 - Buckow	4.92	31:45	6:27	9	5:31	56	7:07	36.12	3:48:55	6:20	8	38:09	58	55:45
VP7 - Kirchhainer	6.17	47:12	7:38	15	14:20	126	16:08	42.29	4:36:07	6:31	10	52:29	67	1:11:53
VP8 - Lichtenradi	4.37	29:30	6:45	10	6:17	63	7:25	46.66	5:05:37	6:32	10	58:46	65	1:19:18
VP9 - Osdorfer St	5.71	40:33	7:06	15	9:53	98	11:01	52.37	5:46:10	6:36	11	1:08:39	68	1:30:19
VP10 - Sportplatz	6.50	56:20	8:40	12	19:04	84	21:30	58.87	6:42:30	6:50	11	1:27:43	73	1:51:49
VP11 - Königsw	6.22	41:17	6:38	3	7:07	18	7:07	65.09	7:23:47	6:49	8	1:34:50	62	1:51:34
VP12 - Gedenkst	6.85	47:07	6:52	3	7:43	23	8:44	71.94	8:10:54	6:49	8	1:42:33	54	1:56:09
VP13 - Brauhaus	6.88	49:51	7:14	3	11:04	25	11:11	78.82	9:00:45	6:51	7	1:53:37	47	2:02:20
VP14 - Revierförs	5.70	40:21	7:04	2	6:32	12	8:17	84.52	9:41:06	6:52	3	2:00:09	42	2:08:21
VP15 - Schloss S	6.24	1:22:21	13:11	17	45:50	160	45:50	90.76	11:03:27	7:18	5	2:45:59	57	2:51:28
VP16 - Pagel & Fi	7.60	57:58	7:37	3	12:21	18	14:15	98.36	12:01:25	7:20	5	2:58:20	50	3:01:13
VP17 - Karolinenl	4.91	35:50	7:17	2	7:20	22	7:23	103.27	12:37:15	7:19	4	3:05:40	45	3:05:40
VP18 - Falkensee	6.60	49:38	7:31	3	10:18	26	11:16	109.87	13:26:53	7:20	3	3:15:58	39	3:15:58
VP19 - Schönwal	5.95	43:21	7:17	2	8:05	12	8:05	115.82	14:10:14	7:20	3	3:24:03	34	3:24:03
VP20 - Grenzturn	7.60	1:00:40	7:58	2	17:29	28	17:29	123.42	15:10:54	7:22	3	3:41:32	33	3:41:32
VP21 - Ruderclub	4.78	47:02	9:50	4	19:47	50	19:47	128.20	15:57:56	7:28	3	4:01:19	35	4:01:19
VP22 - Frohnau	4.07	28:29	6:59	2	3:54	8	4:00	132.27	16:26:25	7:27	3	4:05:13	33	4:05:13
VP23 - Naturschu	6.61	52:01	7:52	2	10:55	21	12:22	138.88	17:18:26	7:28	3	4:16:08	30	4:16:08
VP24 - Oranienbu	4.98	43:23	8:42	2	12:42	29	13:37	143.86	18:01:49	7:31	3	4:28:50	30	4:28:50
VP25 - Laufftreff l	5.34	42:54	8:02	3	10:04	18	12:57	149.20	18:44:43	7:32	3	4:38:54	29	4:38:54
VP26 - Wilhelmsr	5.72	41:18	7:13	3	8:40	24	9:10	154.92	19:26:01	7:31	3	4:47:34	28	4:47:34
VP27 - Wollankst	3.02	22:36	7:29	2	1:58	12	13:01	157.94	19:48:37	7:31	3	4:49:32	28	12:17:28
Friedrich-Ludwig	3.96	29:10	7:21	8	7:27	48	8:45	161.90	20:17:47	7:31	3	4:56:59	26	4:56:59