



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Tehrani, Ash

Club: AR Adidas Trail Team

Number: 87

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 19:19:12

Speed: 8.33 km/h

Running performance: 7:10 min/km

Rank in course/Total: 20 (of 319)

Rank in course/Men: 16 (of 257)

Best time in course: 15:20:48

Rank in category: 4(of 34)

Best time in the category: 16:12:41

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	33:17	4:33	1	-	1	-	7.30	33:17	4:33	1	-	1	-
VP2 - East Side G	6.46	30:21	4:41	1	-	4	0:15	13.76	1:03:38	4:37	1	-	1	-
VP3 - Dammweg	5.90	29:55	5:04	1	-	4	2:20	19.66	1:33:33	4:45	1	-	4	0:52
VP4 - Johannisth	5.64	28:56	5:07	3	0:46	8	2:21	25.30	2:02:29	4:50	1	-	4	3:13
VP5 - U-Bahnhof	5.90	32:37	5:31	3	1:58	12	3:43	31.20	2:35:06	4:58	1	-	4	6:34
VP6 - Buckow	4.92	27:24	5:34	3	1:31	10	2:46	36.12	3:02:30	5:03	1	-	4	9:20
VP7 - Kirchhainer	6.17	35:54	5:49	3	3:05	17	4:50	42.29	3:38:24	5:09	1	-	4	14:10
VP8 - Lichtenradi	4.37	23:59	5:29	2	1:05	8	1:54	46.66	4:02:23	5:11	1	-	4	16:04
VP9 - Osdorfer St	5.71	31:43	5:33	2	1:11	13	2:11	52.37	4:34:06	5:14	1	-	4	18:15
VP10 - Sportplatz	6.50	41:48	6:25	4	6:24	16	6:58	58.87	5:15:54	5:21	2	3:01	6	25:13
VP11 - Königsw	6.22	55:54	8:59	19	19:38	135	21:44	65.09	6:11:48	5:42	3	22:39	10	39:35
VP12 - Gedenkst	6.85	47:55	6:59	5	8:26	25	9:32	71.94	6:59:43	5:50	3	31:05	11	44:58
VP13 - Brauhaus	6.88	47:56	6:58	4	8:48	22	9:16	78.82	7:47:39	5:55	4	39:53	11	49:14
VP14 - Revierförs	5.70	39:44	6:58	2	4:47	11	7:40	84.52	8:27:23	6:00	3	44:40	10	54:38
VP15 - Schloss S	6.24	1:11:51	11:30	13	32:03	119	35:20	90.76	9:39:14	6:22	4	1:11:53	19	1:27:15
VP16 - Pagel & Fi	7.60	58:49	7:44	3	9:30	22	15:06	98.36	10:38:03	6:29	4	1:21:23	19	1:37:51
VP17 - Karolinenl	4.91	36:56	7:31	7	6:44	30	8:29	103.27	11:14:59	6:32	4	1:28:07	20	1:43:24
VP18 - Falkensee	6.60	49:46	7:32	7	9:37	27	11:24	109.87	12:04:45	6:35	4	1:34:09	18	1:53:50
VP19 - Schönwal	5.95	41:30	6:58	1	-	8	6:14	115.82	12:46:15	6:36	4	1:32:50	17	2:00:04
VP20 - Grenzturn	7.60	54:55	7:13	2	1:39	11	11:44	123.42	13:41:10	6:39	4	1:34:29	15	2:11:48
VP21 - Ruderclub	4.78	45:50	9:35	9	12:52	42	18:35	128.20	14:27:00	6:45	4	1:42:01	17	2:30:23
VP22 - Frohnau	4.07	40:12	9:52	15	13:09	83	15:43	132.27	15:07:12	6:51	4	1:55:10	18	2:46:00
VP23 - Naturschu	6.61	1:00:51	9:12	10	20:16	50	21:12	138.88	16:08:03	6:58	4	2:15:26	17	3:05:45
VP24 - Oranienbu	4.98	40:13	8:04	4	10:27	17	10:27	143.86	16:48:16	7:00	4	2:25:53	17	3:15:17
VP25 - Laufftreff l	5.34	50:52	9:31	10	17:13	58	20:55	149.20	17:39:08	7:05	4	2:43:06	17	3:33:19
VP26 - Wilhelmsr	5.72	44:22	7:45	4	12:14	36	12:14	154.92	18:23:30	7:07	4	2:55:20	17	3:45:03
VP27 - Wollankst	3.02	23:01	7:37	3	0:37	18	13:26	157.94	18:46:31	7:07	4	2:55:57	17	11:15:22
Friedrich-Ludwig	3.96	32:41	8:15	10	10:34	78	12:16	161.90	19:19:12	7:09	4	3:06:31	16	3:58:24