



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Hedelt, Holger**

Club: Irene Athletic Club South Africa  
Number: 248

Course: 161.90 km  
100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:34:22

Speed: 7.83 km/h

Running performance: 7:37 min/km

Rank in course/Total: 36 (of 319)

Rank in course/Men: 30 (of 257)

Best time in course: 15:20:48

Rank in category: 11(of 59)

Best time in the category: 17:12:46

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	42:37	5:50	8	7:46	32	9:20	7.30	42:37	5:50	8	7:46	32	9:20
VP2 - East Side C	6.46	37:31	5:48	10	7:25	32	7:25	13.76	1:20:08	5:49	8	15:04	31	16:30
VP3 - Dammweg	5.90	34:19	5:48	8	6:44	38	6:44	19.66	1:54:27	5:49	6	21:46	35	21:46
VP4 - Johannisth	5.64	32:43	5:48	5	6:08	29	6:08	25.30	2:27:10	5:49	5	27:54	33	27:54
VP5 - U-Bahnhof	5.90	37:15	6:18	14	8:21	50	8:21	31.20	3:04:25	5:54	9	35:53	40	35:53
VP6 - Buckow	4.92	31:46	6:27	15	7:08	57	7:08	36.12	3:36:11	5:59	10	43:01	43	43:01
VP7 - Kirchhainer	6.17	38:17	6:12	8	7:13	28	7:13	42.29	4:14:28	6:01	8	50:14	39	50:14
VP8 - Lichtenradi	4.37	27:25	6:16	11	5:20	38	5:20	46.66	4:41:53	6:02	9	55:34	37	55:34
VP9 - Osdorfer St	5.71	41:36	7:17	31	12:04	113	12:04	52.37	5:23:29	6:10	11	1:07:38	42	1:07:38
VP10 - Sportplatz	6.50	45:34	7:00	9	10:44	27	10:44	58.87	6:09:03	6:16	11	1:18:22	40	1:18:22
VP11 - Königsw	6.22	47:13	7:35	14	12:08	49	13:03	65.09	6:56:16	6:23	9	1:24:03	36	1:24:03
VP12 - Gedenkst	6.85	50:57	7:26	12	10:24	36	12:34	71.94	7:47:13	6:29	11	1:32:28	35	1:32:28
VP13 - Brauhaus	6.88	55:48	8:06	16	13:19	57	17:08	78.82	8:43:01	6:38	11	1:44:36	36	1:44:36
VP14 - Revierförs	5.70	48:40	8:32	20	14:20	62	16:36	84.52	9:31:41	6:45	10	1:58:56	33	1:58:56
VP15 - Schloss S	6.24	58:02	9:18	18	18:48	57	21:31	90.76	10:29:43	6:56	11	2:17:44	34	2:17:44
VP16 - Pagel & Fi	7.60	1:01:25	8:04	12	13:12	37	17:42	98.36	11:31:08	7:01	10	2:30:56	32	2:30:56
VP17 - Karolinenl	4.91	36:53	7:30	9	5:12	28	8:26	103.27	12:08:01	7:02	9	2:34:52	30	2:36:26
VP18 - Falkensee	6.60	50:24	7:38	9	7:53	29	12:02	109.87	12:58:25	7:05	9	2:38:27	30	2:47:30
VP19 - Schönwal	5.95	44:27	7:28	5	6:16	14	9:11	115.82	13:42:52	7:06	9	2:40:55	29	2:56:41
VP20 - Grenzturn	7.60	57:22	7:32	7	10:21	16	14:11	123.42	14:40:14	7:07	9	2:42:22	28	3:10:52
VP21 - Ruderclub	4.78	35:11	7:21	5	2:41	10	7:56	128.20	15:15:25	7:08	9	2:39:10	27	3:18:48
VP22 - Frohnau	4.07	40:10	9:52	22	13:01	82	15:41	132.27	15:55:35	7:13	9	2:50:59	27	3:34:23
VP23 - Naturschu	6.61	1:02:30	9:27	18	15:45	57	22:51	138.88	16:58:05	7:19	10	3:04:50	28	3:55:47
VP24 - Oranienbu	4.98	54:23	10:55	28	22:02	99	24:37	143.86	17:52:28	7:27	10	3:18:44	29	4:19:29
VP25 - Laufftreff l	5.34	55:24	10:22	26	25:27	88	25:27	149.20	18:47:52	7:33	10	3:23:33	30	4:42:03
VP26 - Wilhelmsr	5.72	46:11	8:04	18	12:39	48	14:03	154.92	19:34:03	7:34	10	3:18:09	29	4:55:36
VP27 - Wollankst	3.02	28:17	9:21	17	9:55	45	18:42	157.94	20:02:20	7:36	10	3:15:05	30	12:31:11
Friedrich-Ludwig	3.96	32:02	8:05	22	11:37	72	11:37	161.90	20:34:22	7:37	11	3:21:36	30	5:13:34