



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

AZIZA, NIR

Club: CROSBIE CREW

Number: 147

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:46:51

Speed: 7.75 km/h

Running performance: 7:42 min/km

Rank in course/Total: 42 (of 319)

Rank in course/Men: 34 (of 257)

Best time in course: 15:20:48

Rank in category: 13(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
VP1 - Brandenbu	7.30	47:32	6:30	29	12:41	106	14:15	7.30	47:32	6:30	29	12:41	106	14:15			
VP2 - East Side C	6.46	43:04	6:40	31	12:58	116	12:58	13.76	1:30:36	6:35	30	25:32	108	26:58			
VP3 - Dammweg	5.90	39:52	6:45	29	12:17	111	12:17	19.66	2:10:28	6:38	29	37:47	109	37:47			
VP4 - Johannisth	5.64	36:54	6:32	24	10:19	82	10:19	25.30	2:47:22	6:36	28	48:06	102	48:06			
VP5 - U-Bahnhof	5.90	40:05	6:47	25	11:11	83	11:11	31.20	3:27:27	6:38	27	58:55	95	58:55			
VP6 - Buckow	4.92	33:12	6:44	20	8:34	70	8:34	36.12	4:00:39	6:39	27	1:07:29	94	1:07:29			
VP7 - Kirchhainer	6.17	42:28	6:52	18	11:24	60	11:24	42.29	4:43:07	6:41	24	1:18:53	87	1:18:53			
VP8 - Lichtenradi	4.37	30:41	7:01	26	8:36	84	8:36	46.66	5:13:48	6:43	25	1:27:29	86	1:27:29			
VP9 - Osdorfer St	5.71	39:09	6:51	21	9:37	74	9:37	52.37	5:52:57	6:44	23	1:37:06	82	1:37:06			
VP10 - Sportplatz	6.50	53:25	8:13	20	18:35	71	18:35	58.87	6:46:22	6:54	23	1:55:41	76	1:55:41			
VP11 - Königswe	6.22	45:09	7:15	8	10:04	34	10:59	65.09	7:31:31	6:56	23	1:59:18	71	1:59:18			
VP12 - Gedenkst	6.85	52:45	7:42	17	12:12	53	14:22	71.94	8:24:16	7:00	20	2:09:31	65	2:09:31			
VP13 - Brauhaus	6.88	52:32	7:38	12	10:03	37	13:52	78.82	9:16:48	7:03	19	2:18:23	63	2:18:23			
VP14 - Revierförs	5.70	45:02	7:54	14	10:42	37	12:58	84.52	10:01:50	7:07	18	2:29:05	58	2:29:05			
VP15 - Schloss S	6.24	53:41	8:36	12	14:27	33	17:10	90.76	10:55:31	7:13	15	2:43:32	49	2:43:32			
VP16 - Pagel & Fi	7.60	56:23	7:25	6	8:10	16	12:40	98.36	11:51:54	7:14	14	2:51:42	42	2:51:42			
VP17 - Karolinenl	4.91	39:15	7:59	14	7:34	42	10:48	103.27	12:31:09	7:16	14	2:58:00	40	2:59:34			
VP18 - Falkensee	6.60	54:58	8:19	18	12:27	55	16:36	109.87	13:26:07	7:20	13	3:06:09	37	3:15:12			
VP19 - Schönwal	5.95	50:54	8:33	16	12:43	47	15:38	115.82	14:17:01	7:23	13	3:15:04	37	3:30:50			
VP20 - Grenzturn	7.60	1:04:53	8:32	15	17:52	45	21:42	123.42	15:21:54	7:28	13	3:24:02	37	3:52:32			
VP21 - Ruderclub	4.78	46:57	9:49	14	14:27	48	19:42	128.20	16:08:51	7:33	13	3:32:36	37	4:12:14			
VP22 - Frohnau	4.07	34:55	8:34	12	7:46	34	10:26	132.27	16:43:46	7:35	13	3:39:10	38	4:22:34			
VP23 - Naturschu	6.61	58:14	8:48	15	11:29	39	18:35	138.88	17:42:00	7:38	13	3:48:45	37	4:39:42			
VP24 - Oranienbu	4.98	43:21	8:42	12	11:00	28	13:35	143.86	18:25:21	7:41	13	3:51:37	36	4:52:22			
VP25 - Laufftreff l	5.34	45:50	8:34	11	15:53	32	15:53	149.20	19:11:11	7:42	13	3:46:52	35	5:05:22			
VP26 - Wilhelmsr	5.72	44:49	7:50	15	11:17	37	12:41	154.92	19:56:00	7:43	13	3:40:06	35	5:17:33			
VP27 - Wollankst	3.02	23:44	7:51	8	5:22	22	14:09	157.94	20:19:44	7:43	13	3:32:29	35	12:48:35			
Friedrich-Ludwig	3.96	27:07	6:50	12	6:42	32	6:42	161.90	20:46:51	7:42	13	3:34:05	34	5:26:03			