



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Hardes, Christoph

Club: Paderborn

Number: 257

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 21:40:52

Speed: 7.43 km/h

Running performance: 8:02 min/km

Rank in course/Total: 51 (of 319)

Rank in course/Men: 42 (of 257)

Best time in course: 15:20:48

Rank in category: 4(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	45:54	6:17	13	6:17	79	12:37	7.30	45:54	6:17	13	6:17	79	12:37
VP2 - East Side C	6.46	40:44	6:18	8	6:26	63	10:38	13.76	1:26:38	6:17	11	12:38	71	23:00
VP3 - Dammweg	5.90	36:39	6:12	9	5:40	61	9:04	19.66	2:03:17	6:16	10	18:17	66	30:36
VP4 - Johannisth	5.64	37:00	6:33	11	8:04	83	10:25	25.30	2:40:17	6:20	11	26:21	68	41:01
VP5 - U-Bahnhof	5.90	41:40	7:03	17	11:04	102	12:46	31.20	3:21:57	6:28	13	37:25	80	53:25
VP6 - Buckow	4.92	36:11	7:21	17	9:57	118	11:33	36.12	3:58:08	6:35	13	47:22	82	1:04:58
VP7 - Kirchhainer	6.17	47:44	7:44	17	14:52	130	16:40	42.29	4:45:52	6:45	14	1:02:14	93	1:21:38
VP8 - Lichtenradi	4.37	31:29	7:12	14	8:16	103	9:24	46.66	5:17:21	6:48	14	1:10:30	94	1:31:02
VP9 - Osdorfer St	5.71	46:28	8:08	24	15:48	181	16:56	52.37	6:03:49	6:56	15	1:26:18	102	1:47:58
VP10 - Sportplatz	6.50	1:01:23	9:26	15	24:07	113	26:33	58.87	7:05:12	7:13	16	1:50:25	100	2:14:31
VP11 - Königsw	6.22	47:04	7:34	6	12:54	48	12:54	65.09	7:52:16	7:15	15	2:03:19	93	2:20:03
VP12 - Gedenkst	6.85	55:09	8:03	10	15:45	73	16:46	71.94	8:47:25	7:19	14	2:19:04	90	2:32:40
VP13 - Brauhaus	6.88	59:03	8:34	13	20:16	88	20:23	78.82	9:46:28	7:26	14	2:39:20	84	2:48:03
VP14 - Revierförs	5.70	45:08	7:55	5	11:19	38	13:04	84.52	10:31:36	7:28	12	2:50:39	78	2:58:51
VP15 - Schloss S	6.24	1:04:54	10:24	8	28:23	88	28:23	90.76	11:36:30	7:40	11	3:19:02	78	3:24:31
VP16 - Pagel & Fi	7.60	1:07:09	8:50	7	21:32	64	23:26	98.36	12:43:39	7:45	11	3:40:34	77	3:43:27
VP17 - Karolinenl	4.91	38:41	7:52	3	10:11	37	10:14	103.27	13:22:20	7:46	7	3:50:45	71	3:50:45
VP18 - Falkensee	6.60	1:04:31	9:46	14	25:11	115	26:09	109.87	14:26:51	7:53	9	4:15:56	75	4:15:56
VP19 - Schönwal	5.95	56:15	9:27	6	20:59	75	20:59	115.82	15:23:06	7:58	8	4:36:55	75	4:36:55
VP20 - Grenzturn	7.60	1:06:18	8:43	5	23:07	49	23:07	123.42	16:29:24	8:00	7	5:00:02	71	5:00:02
VP21 - Ruderclub	4.78	40:10	8:24	2	12:55	24	12:55	128.20	17:09:34	8:01	6	5:12:57	61	5:12:57
VP22 - Frohnau	4.07	39:51	9:47	7	15:16	78	15:22	132.27	17:49:25	8:05	6	5:28:13	62	5:28:13
VP23 - Naturschu	6.61	53:42	8:07	3	12:36	24	14:03	138.88	18:43:07	8:05	5	5:40:49	55	5:40:49
VP24 - Oranienbu	4.98	48:51	9:48	4	18:10	57	19:05	143.86	19:31:58	8:08	5	5:58:59	54	5:58:59
VP25 - Laufftreff l	5.34	41:06	7:41	2	8:16	15	11:09	149.20	20:13:04	8:07	4	6:07:15	49	6:07:15
VP26 - Wilhelmsr	5.72	40:44	7:07	2	8:06	21	8:36	154.92	20:53:48	8:05	4	6:15:21	46	6:15:21
VP27 - Wollankst	3.02	22:47	7:32	3	2:09	15	13:12	157.94	21:16:35	8:04	4	6:17:30	44	13:45:26
Friedrich-Ludwig	3.96	24:17	6:07	2	2:34	15	3:52	161.90	21:40:52	8:02	4	6:20:04	42	6:20:04