



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Lindenbeck, Christof

Club: Stolpertruppe Winsen
Number: 267

Course: 161.90 km
100MeilenBerlin

Category:
Senioren M50 (50-54 Jahre)

Total time: 21:46:10

Speed: 7.40 km/h
Running performance: 8:04 min/km

Rank in course/Total: 53 (of 319)

Rank in course/Men: 44 (of 257)

Best time in course: 15:20:48

Rank in category: 7(of 50)

Best time in the category: 15:44:00

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	47:45	6:32	22	10:44	110	14:28	7.30	47:45	6:32	22	10:44	110	14:28
VP2 - East Side G	6.46	43:13	6:41	25	10:53	121	13:07	13.76	1:30:58	6:36	22	21:37	110	27:20
VP3 - Dammweg	5.90	40:32	6:52	23	10:29	127	12:57	19.66	2:11:30	6:41	23	32:06	117	38:49
VP4 - Johannisth	5.64	35:18	6:15	10	6:33	55	8:43	25.30	2:46:48	6:35	19	38:39	95	47:32
VP5 - U-Bahnhof	5.90	39:14	6:38	13	8:13	75	10:20	31.20	3:26:02	6:36	18	46:52	91	57:30
VP6 - Buckow	4.92	33:52	6:53	17	7:17	81	9:14	36.12	3:59:54	6:38	18	54:05	90	1:06:44
VP7 - Kirchhainer	6.17	43:18	7:01	15	8:38	77	12:14	42.29	4:43:12	6:41	18	1:02:38	88	1:18:58
VP8 - Lichtenradi	4.37	27:57	6:23	8	3:44	45	5:52	46.66	5:11:09	6:40	15	1:05:24	81	1:24:50
VP9 - Osdorfer St	5.71	37:05	6:29	10	6:28	48	7:33	52.37	5:48:14	6:38	14	1:04:40	71	1:32:23
VP10 - Sportplatz	6.50	50:07	7:42	11	13:34	56	15:17	58.87	6:38:21	6:45	14	1:06:50	70	1:47:40
VP11 - Königswe	6.22	1:10:27	11:19	45	31:56	212	36:17	65.09	7:48:48	7:12	15	1:38:38	89	2:16:35
VP12 - Gedenkst	6.85	1:05:03	9:29	29	26:40	147	26:40	71.94	8:53:51	7:25	15	2:05:18	97	2:39:06
VP13 - Brauhaus	6.88	1:05:15	9:29	27	26:35	135	26:35	78.82	9:59:06	7:36	15	2:31:53	100	3:00:41
VP14 - Revierförs	5.70	1:01:00	10:42	42	28:56	185	28:56	84.52	11:00:06	7:48	17	3:00:49	103	3:27:21
VP15 - Schloss S	6.24	1:20:55	12:58	32	42:23	155	44:24	90.76	12:21:01	8:09	22	3:43:12	114	4:09:02
VP16 - Pagel & Fi	7.60	52:42	6:56	2	8:59	8	8:59	98.36	13:13:43	8:04	19	3:52:11	97	4:13:31
VP17 - Karolinenl	4.91	33:06	6:44	3	4:39	10	4:39	103.27	13:46:49	8:00	16	3:56:50	90	4:15:14
VP18 - Falkensee	6.60	48:27	7:20	4	10:05	20	10:05	109.87	14:35:16	7:57	13	4:06:55	81	4:24:21
VP19 - Schönwal	5.95	49:35	8:20	8	13:57	36	14:19	115.82	15:24:51	7:59	13	4:20:52	76	4:38:40
VP20 - Grenzturn	7.60	59:37	7:50	6	14:22	25	16:26	123.42	16:24:28	7:58	13	4:35:14	66	4:55:06
VP21 - Ruderclub	4.78	49:59	10:27	13	19:33	65	22:44	128.20	17:14:27	8:04	11	4:54:47	67	5:17:50
VP22 - Frohnau	4.07	32:26	7:58	6	7:57	23	7:57	132.27	17:46:53	8:03	11	5:02:44	60	5:25:41
VP23 - Naturschu	6.61	1:10:11	10:37	20	30:32	93	30:32	138.88	18:57:04	8:11	10	5:33:16	61	5:54:46
VP24 - Oranienbu	4.98	41:16	8:17	6	9:29	23	11:30	143.86	19:38:20	8:11	10	5:42:45	57	6:05:21
VP25 - Laufftreff l	5.34	41:12	7:42	3	9:20	16	11:15	149.20	20:19:32	8:10	9	5:52:05	54	6:13:43
VP26 - Wilhelmsr	5.72	38:01	6:38	2	2:35	11	5:53	154.92	20:57:33	8:07	8	5:54:40	49	6:19:06
VP27 - Wollankst	3.02	22:48	7:32	2	3:35	16	13:13	157.94	21:20:21	8:06	7	5:58:15	46	13:49:12
Friedrich-Ludwig	3.96	25:49	6:31	5	3:55	26	5:24	161.90	21:46:10	8:04	7	6:02:10	44	6:25:22