



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Behnke, Oliver

Club: LG Mauerweg

Number: 230

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:39:35

Speed: 7.11 km/h

Running performance: 8:24 min/km

Rank in course/Total: 71 (of 319)

Rank in course/Men: 59 (of 257)

Best time in course: 15:20:48

Rank in category: 6(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	39:37	5:25	1	-	8	6:20	7.30	39:37	5:25	1	-	8	6:20
VP2 - East Side G	6.46	35:28	5:29	3	1:10	15	5:22	13.76	1:15:05	5:27	3	1:05	12	11:27
VP3 - Dammweg	5.90	31:38	5:21	2	0:39	11	4:03	19.66	1:46:43	5:25	2	1:43	12	14:02
VP4 - Johannisth	5.64	31:44	5:37	4	2:48	21	5:09	25.30	2:18:27	5:28	3	4:31	14	19:11
VP5 - U-Bahnhof	5.90	33:41	5:42	3	3:05	21	4:47	31.20	2:52:08	5:31	3	7:36	14	23:36
VP6 - Buckow	4.92	29:39	6:01	5	3:25	24	5:01	36.12	3:21:47	5:35	3	11:01	15	28:37
VP7 - Kirchhainer	6.17	52:08	8:26	23	19:16	179	21:04	42.29	4:13:55	6:00	5	30:17	34	49:41
VP8 - Lichtenradi	4.37	27:03	6:11	5	3:50	34	4:58	46.66	4:40:58	6:01	5	34:07	34	54:39
VP9 - Osdorfer St	5.71	32:24	5:40	3	1:44	17	2:52	52.37	5:13:22	5:59	5	35:51	30	57:31
VP10 - Sportplatz	6.50	1:06:02	10:09	17	28:46	134	31:12	58.87	6:19:24	6:26	7	1:04:37	52	1:28:43
VP11 - Königsw	6.22	51:14	8:14	12	17:04	94	17:04	65.09	7:10:38	6:36	7	1:21:41	49	1:38:25
VP12 - Gedenkst	6.85	59:37	8:42	15	20:13	107	21:14	71.94	8:10:15	6:48	7	1:41:54	53	1:55:30
VP13 - Brauhaus	6.88	1:03:24	9:12	19	24:37	118	24:44	78.82	9:13:39	7:01	8	2:06:31	59	2:15:14
VP14 - Revierförs	5.70	52:54	9:16	13	19:05	114	20:50	84.52	10:06:33	7:10	8	2:25:36	62	2:33:48
VP15 - Schloss S	6.24	1:24:19	13:30	18	47:48	165	47:48	90.76	11:30:52	7:36	9	3:13:24	74	3:18:53
VP16 - Pagel & Fi	7.60	1:08:19	8:59	8	22:42	75	24:36	98.36	12:39:11	7:43	8	3:36:06	72	3:38:59
VP17 - Karolinenl	4.91	47:28	9:40	15	18:58	116	19:01	103.27	13:26:39	7:48	9	3:55:04	75	3:55:04
VP18 - Falkensee	6.60	1:02:23	9:27	12	23:03	103	24:01	109.87	14:29:02	7:54	10	4:18:07	78	4:18:07
VP19 - Schönwal	5.95	57:13	9:36	8	21:57	82	21:57	115.82	15:26:15	7:59	10	4:40:04	78	4:40:04
VP20 - Grenzturn	7.60	1:10:17	9:14	6	27:06	65	27:06	123.42	16:36:32	8:04	8	5:07:10	73	5:07:10
VP21 - Ruderclub	4.78	50:07	10:29	6	22:52	67	22:52	128.20	17:26:39	8:09	8	5:30:02	70	5:30:02
VP22 - Frohnau	4.07	37:31	9:13	4	12:56	53	13:02	132.27	18:04:10	8:11	8	5:42:58	71	5:42:58
VP23 - Naturschu	6.61	56:11	8:29	4	15:05	29	16:32	138.88	19:00:21	8:12	7	5:58:03	63	5:58:03
VP24 - Oranienbu	4.98	49:59	10:02	6	19:18	65	20:13	143.86	19:50:20	8:16	6	6:17:21	62	6:17:21
VP25 - Laufftreff l	5.34	54:41	10:14	10	21:51	86	24:44	149.20	20:45:01	8:20	6	6:39:12	61	6:39:12
VP26 - Wilhelmsr	5.72	51:22	8:58	11	18:44	82	19:14	154.92	21:36:23	8:22	6	6:57:56	61	6:57:56
VP27 - Wollankst	3.02	30:36	10:07	8	9:58	66	21:01	157.94	22:06:59	8:24	6	7:07:54	60	14:35:50
Friedrich-Ludwig	3.96	32:36	8:13	10	10:53	77	12:11	161.90	22:39:35	8:23	6	7:18:47	59	7:18:47