



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Nentwig, Axel

Club: Nahelauf-Therapie

Number: 120

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:45:57

Speed: 7.07 km/h

Running performance: 8:26 min/km

Rank in course/Total: 72 (of 319)

Rank in course/Men: 60 (of 257)

Best time in course: 15:20:48

Rank in category: 21(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	51:11	7:00	44	16:20	175	17:54	7.30	51:11	7:00	44	16:20	175	17:54			
VP2 - East Side C	6.46	50:40	7:50	50	20:34	202	20:34	13.76	1:41:51	7:24	46	36:47	195	38:13			
VP3 - Dammweg	5.90	40:57	6:56	36	13:22	135	13:22	19.66	2:22:48	7:15	46	50:07	184	50:07			
VP4 - Johannisth	5.64	40:13	7:07	35	13:38	134	13:38	25.30	3:03:01	7:14	42	1:03:45	169	1:03:45			
VP5 - U-Bahnhof	5.90	42:28	7:11	34	13:34	119	13:34	31.20	3:45:29	7:13	40	1:16:57	155	1:16:57			
VP6 - Buckow	4.92	36:27	7:24	33	11:49	127	11:49	36.12	4:21:56	7:15	39	1:28:46	147	1:28:46			
VP7 - Kirchhainer	6.17	46:23	7:31	34	15:19	114	15:19	42.29	5:08:19	7:17	37	1:44:05	140	1:44:05			
VP8 - Lichtenrad	4.37	29:31	6:45	19	7:26	64	7:26	46.66	5:37:50	7:14	35	1:51:31	133	1:51:31			
VP9 - Osdorfer St	5.71	38:53	6:48	20	9:21	71	9:21	52.37	6:16:43	7:11	34	2:00:52	126	2:00:52			
VP10 - Sportplatz	6.50	56:03	8:37	24	21:13	81	21:13	58.87	7:12:46	7:21	31	2:22:05	107	2:22:05			
VP11 - Königsw	6.22	47:20	7:36	15	12:15	50	13:10	65.09	8:00:06	7:22	31	2:27:53	104	2:27:53			
VP12 - Gedenkst	6.85	52:51	7:42	19	12:18	56	14:28	71.94	8:52:57	7:24	28	2:38:12	96	2:38:12			
VP13 - Brauhaus	6.88	1:00:43	8:49	26	18:14	91	22:03	78.82	9:53:40	7:31	28	2:55:15	92	2:55:15			
VP14 - Revierförs	5.70	52:45	9:15	32	18:25	112	20:41	84.52	10:46:25	7:38	27	3:13:40	93	3:13:40			
VP15 - Schloss S	6.24	1:02:51	10:04	26	23:37	79	26:20	90.76	11:49:16	7:48	28	3:37:17	87	3:37:17			
VP16 - Pagel & Fi	7.60	1:14:27	9:47	33	26:14	119	30:44	98.36	13:03:43	7:58	28	4:03:31	90	4:03:31			
VP17 - Karolinenl	4.91	41:57	8:32	19	10:16	64	13:30	103.27	13:45:40	7:59	27	4:12:31	88	4:14:05			
VP18 - Falkensee	6.60	57:23	8:41	22	14:52	67	19:01	109.87	14:43:03	8:02	25	4:23:05	85	4:32:08			
VP19 - Schönwal	5.95	52:44	8:51	20	14:33	59	17:28	115.82	15:35:47	8:04	24	4:33:50	80	4:49:36			
VP20 - Grenzturn	7.60	1:03:49	8:23	13	16:48	39	20:38	123.42	16:39:36	8:05	23	4:41:44	74	5:10:14			
VP21 - Ruderclub	4.78	47:06	9:51	15	14:36	51	19:51	128.20	17:26:42	8:09	22	4:50:27	71	5:30:05			
VP22 - Frohnau	4.07	37:16	9:09	16	10:07	50	12:47	132.27	18:03:58	8:11	23	4:59:22	70	5:42:46			
VP23 - Naturschu	6.61	1:04:33	9:45	23	17:48	73	24:54	138.88	19:08:31	8:16	21	5:15:16	67	6:06:13			
VP24 - Oranienbu	4.98	56:33	11:21	30	24:12	116	26:47	143.86	20:05:04	8:22	22	5:31:20	68	6:32:05			
VP25 - Laufftreff l	5.34	50:10	9:23	18	20:13	50	20:13	149.20	20:55:14	8:24	21	5:30:55	64	6:49:25			
VP26 - Wilhelmsr	5.72	45:58	8:02	17	12:26	44	13:50	154.92	21:41:12	8:23	21	5:25:18	62	7:02:45			
VP27 - Wollankst	3.02	34:16	11:20	26	15:54	102	24:41	157.94	22:15:28	8:27	21	5:28:13	63	14:44:19			
Friedrich-Ludwig	3.96	30:29	7:41	21	10:04	62	10:04	161.90	22:45:57	8:26	21	5:33:11	60	7:25:09			