



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Belsom, Adam

Club: Folkestone

Number: 278

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 22:50:55

Speed: 7.05 km/h

Running performance: 8:28 min/km

Rank in course/Total: 73 (of 319)

Rank in course/Men: 61 (of 257)

Best time in course: 15:20:48

Rank in category: 9(of 34)

Best time in the category: 16:12:41

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	48:56	6:42	16	15:39	129	15:39	7.30	48:56	6:42	16	15:39	129	15:39			
VP2 - East Side C	6.46	42:35	6:35	15	12:14	104	12:29	13.76	1:31:31	6:39	15	27:53	117	27:53			
VP3 - Dammweg	5.90	38:28	6:31	14	8:33	94	10:53	19.66	2:09:59	6:36	15	36:26	107	37:18			
VP4 - Johannisth	5.64	42:26	7:31	21	14:16	173	15:51	25.30	2:52:25	6:48	17	49:56	123	53:09			
VP5 - U-Bahnhof	5.90	41:47	7:04	14	11:08	104	12:53	31.20	3:34:12	6:51	17	59:06	118	1:05:40			
VP6 - Buckow	4.92	35:37	7:14	15	9:44	105	10:59	36.12	4:09:49	6:54	17	1:07:19	117	1:16:39			
VP7 - Kirchhainer	6.17	45:58	7:27	15	13:09	106	14:54	42.29	4:55:47	6:59	16	1:17:23	113	1:31:33			
VP8 - Lichtenradi	4.37	30:34	6:59	11	7:40	80	8:29	46.66	5:26:21	6:59	16	1:23:58	109	1:40:02			
VP9 - Osdorfer St	5.71	40:05	7:01	14	9:33	89	10:33	52.37	6:06:26	6:59	16	1:32:20	108	1:50:35			
VP10 - Sportplatz	6.50	1:03:55	9:49	17	28:31	123	29:05	58.87	7:10:21	7:18	14	1:57:28	101	2:19:40			
VP11 - Königswe	6.22	44:30	7:09	5	8:14	31	10:20	65.09	7:54:51	7:17	14	2:05:42	97	2:22:38			
VP12 - Gedenkst	6.85	51:28	7:30	7	11:59	41	13:05	71.94	8:46:19	7:18	13	2:17:41	86	2:31:34			
VP13 - Brauhaus	6.88	53:34	7:47	7	14:26	45	14:54	78.82	9:39:53	7:21	12	2:32:07	78	2:41:28			
VP14 - Revierförs	5.70	45:37	8:00	6	10:40	41	13:33	84.52	10:25:30	7:24	12	2:42:47	75	2:52:45			
VP15 - Schloss S	6.24	1:13:15	11:44	15	33:27	128	36:44	90.76	11:38:45	7:41	12	3:11:24	81	3:26:46			
VP16 - Pagel & Fi	7.60	1:05:51	8:39	9	16:32	56	22:08	98.36	12:44:36	7:46	12	3:27:56	79	3:44:24			
VP17 - Karolinenl	4.91	41:44	8:29	9	11:32	63	13:17	103.27	13:26:20	7:48	11	3:39:28	74	3:54:45			
VP18 - Falkensee	6.60	54:24	8:14	9	14:15	50	16:02	109.87	14:20:44	7:50	11	3:50:08	71	4:09:49			
VP19 - Schönwal	5.95	48:51	8:12	6	7:21	32	13:35	115.82	15:09:35	7:51	10	3:56:10	66	4:23:24			
VP20 - Grenzturn	7.60	1:04:49	8:31	10	11:33	44	21:38	123.42	16:14:24	7:53	10	4:07:43	61	4:45:02			
VP21 - Ruderclub	4.78	55:11	11:32	13	22:13	95	27:56	128.20	17:09:35	8:01	10	4:24:36	62	5:12:58			
VP22 - Frohnau	4.07	36:40	9:00	10	9:37	45	12:11	132.27	17:46:15	8:03	10	4:34:13	59	5:25:03			
VP23 - Naturschu	6.61	1:03:49	9:39	14	23:14	69	24:10	138.88	18:50:04	8:08	9	4:57:27	58	5:47:46			
VP24 - Oranienbu	4.98	51:14	10:17	14	21:28	72	21:28	143.86	19:41:18	8:12	9	5:18:55	59	6:08:19			
VP25 - Laufftreff l	5.34	50:03	9:22	7	16:24	49	20:06	149.20	20:31:21	8:15	9	5:35:19	58	6:25:32			
VP26 - Wilhelmsr	5.72	1:02:12	10:52	19	30:04	145	30:04	154.92	21:33:33	8:20	9	6:05:23	59	6:55:06			
VP27 - Wollankst	3.02	36:33	12:06	16	14:09	120	26:58	157.94	22:10:06	8:25	9	6:19:32	61	14:38:57			
Friedrich-Ludwig	3.96	40:49	10:18	17	18:42	137	20:24	161.90	22:50:55	8:28	9	6:38:14	61	7:30:07			