



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Steinebach, André

Club: Endorphinjunkies Dortmund
Number: 254

Course: 161.90 km
100MeilenBerlin

Category:
Senioren M40 (40-44 Jahre)

Total time: 22:54:56

Speed: 7.03 km/h
Running performance: 8:29 min/km

Rank in course/Total: 76 (of 319)

Rank in course/Men: 64 (of 257)

Best time in course: 15:20:48

Rank in category: 7(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	44:35	6:06	10	4:58	59	11:18	7.30	44:35	6:06	10	4:58	59	11:18
VP2 - East Side C	6.46	42:13	6:32	14	7:55	94	12:07	13.76	1:26:48	6:18	13	12:48	78	23:10
VP3 - Dammweg	5.90	37:02	6:16	11	6:03	67	9:27	19.66	2:03:50	6:17	13	18:50	72	31:09
VP4 - Johannisth	5.64	37:00	6:33	11	8:04	83	10:25	25.30	2:40:50	6:21	12	26:54	75	41:34
VP5 - U-Bahnhof	5.90	39:31	6:41	12	8:55	80	10:37	31.20	3:20:21	6:25	11	35:49	69	51:49
VP6 - Buckow	4.92	33:25	6:47	12	7:11	77	8:47	36.12	3:53:46	6:28	11	43:00	72	1:00:36
VP7 - Kirchhainer	6.17	42:46	6:55	10	9:54	69	11:42	42.29	4:36:32	6:32	11	52:54	71	1:12:18
VP8 - Lichtenradi	4.37	31:57	7:18	17	8:44	111	9:52	46.66	5:08:29	6:36	11	1:01:38	71	1:22:10
VP9 - Osdorfer St	5.71	39:59	7:00	14	9:19	88	10:27	52.37	5:48:28	6:39	12	1:10:57	72	1:32:37
VP10 - Sportplatz	6.50	48:50	7:30	7	11:34	50	14:00	58.87	6:37:18	6:44	10	1:22:31	67	1:46:37
VP11 - Königsw	6.22	52:14	8:23	13	18:04	104	18:04	65.09	7:29:32	6:54	10	1:40:35	67	1:57:19
VP12 - Gedenkst	6.85	58:35	8:33	13	19:11	97	20:12	71.94	8:28:07	7:03	9	1:59:46	69	2:13:22
VP13 - Brauhaus	6.88	55:55	8:07	6	17:08	60	17:15	78.82	9:24:02	7:09	9	2:16:54	70	2:25:37
VP14 - Revierförs	5.70	44:11	7:45	4	10:22	32	12:07	84.52	10:08:13	7:11	9	2:27:16	65	2:35:28
VP15 - Schloss S	6.24	58:51	9:25	5	22:20	61	22:20	90.76	11:07:04	7:20	7	2:49:36	63	2:55:05
VP16 - Pagel & Fi	7.60	1:23:29	10:59	21	37:52	169	39:46	98.36	12:30:33	7:37	6	3:27:28	66	3:30:21
VP17 - Karolinenl	4.91	44:42	9:06	8	16:12	90	16:15	103.27	13:15:15	7:42	6	3:43:40	67	3:43:40
VP18 - Falkensee	6.60	54:15	8:13	5	14:55	49	15:53	109.87	14:09:30	7:43	6	3:58:35	63	3:58:35
VP19 - Schönwal	5.95	1:01:28	10:19	13	26:12	104	26:12	115.82	15:10:58	7:51	6	4:24:47	68	4:24:47
VP20 - Grenzturn	7.60	1:13:36	9:41	8	30:25	79	30:25	123.42	16:24:34	7:58	6	4:55:12	67	4:55:12
VP21 - Ruderclub	4.78	48:14	10:05	5	20:59	59	20:59	128.20	17:12:48	8:03	7	5:16:11	65	5:16:11
VP22 - Frohnau	4.07	47:38	11:42	18	23:03	149	23:09	132.27	18:00:26	8:10	7	5:39:14	67	5:39:14
VP23 - Naturschu	6.61	1:16:30	11:34	15	35:24	120	36:51	138.88	19:16:56	8:19	8	6:14:38	71	6:14:38
VP24 - Oranienbu	4.98	49:56	10:01	5	19:15	63	20:10	143.86	20:06:52	8:23	8	6:33:53	70	6:33:53
VP25 - Laufftreff l	5.34	47:37	8:55	4	14:47	39	17:40	149.20	20:54:29	8:24	7	6:48:40	63	6:48:40
VP26 - Wilhelmsr	5.72	46:43	8:10	7	14:05	58	14:35	154.92	21:41:12	8:23	7	7:02:45	62	7:02:45
VP27 - Wollankst	3.02	35:44	11:49	13	15:06	109	26:09	157.94	22:16:56	8:27	7	7:17:51	64	14:45:47
Friedrich-Ludwig	3.96	38:00	9:35	14	16:17	118	17:35	161.90	22:54:56	8:29	7	7:34:08	64	7:34:08