



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Gonschorek, Sebastian

Club: LG VölkSEN

Number: 231

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 23:11:11

Speed: 6.94 km/h

Running performance: 8:35 min/km

Rank in course/Total: 83 (of 319)

Rank in course/Men: 68 (of 257)

Best time in course: 15:20:48

Rank in category: 10(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	48:52	6:41	14	15:35	125	15:35	7.30	48:52	6:41	14	15:35	125	15:35			
VP2 - East Side C	6.46	42:28	6:34	14	12:07	100	12:22	13.76	1:31:20	6:38	14	27:42	113	27:42			
VP3 - Dammweg	5.90	39:44	6:44	15	9:49	107	12:09	19.66	2:11:04	6:39	16	37:31	112	38:23			
VP4 - Johannisth	5.64	37:55	6:43	15	9:45	97	11:20	25.30	2:48:59	6:40	15	46:30	106	49:43			
VP5 - U-Bahnhof	5.90	40:48	6:54	13	10:09	93	11:54	31.20	3:29:47	6:43	13	54:41	104	1:01:15			
VP6 - Buckow	4.92	37:36	7:38	18	11:43	138	12:58	36.12	4:07:23	6:50	14	1:04:53	109	1:14:13			
VP7 - Kirchhainer	6.17	42:06	6:49	11	9:17	57	11:02	42.29	4:49:29	6:50	13	1:11:05	100	1:25:15			
VP8 - Lichtenrad	4.37	30:58	7:05	13	8:04	88	8:53	46.66	5:20:27	6:52	13	1:18:04	99	1:34:08			
VP9 - Osdorfer St	5.71	38:41	6:46	11	8:09	69	9:09	52.37	5:59:08	6:51	13	1:25:02	97	1:43:17			
VP10 - Sportplatz	6.50	1:31:51	14:07	26	56:27	221	57:01	58.87	7:30:59	7:39	16	2:18:06	135	2:40:18			
VP11 - Königsw	6.22	47:20	7:36	10	11:04	50	13:10	65.09	8:18:19	7:39	16	2:29:10	125	2:46:06			
VP12 - Gedenkst	6.85	52:14	7:37	10	12:45	49	13:51	71.94	9:10:33	7:39	16	2:41:55	112	2:55:48			
VP13 - Brauhaus	6.88	1:11:24	10:22	25	32:16	174	32:44	78.82	10:21:57	7:53	17	3:14:11	124	3:23:32			
VP14 - Revierförs	5.70	49:59	8:46	11	15:02	78	17:55	84.52	11:11:56	7:56	16	3:29:13	116	3:39:11			
VP15 - Schloss S	6.24	1:20:39	12:55	21	40:51	152	44:08	90.76	12:32:35	8:17	17	4:05:14	126	4:20:36			
VP16 - Pagel & Fi	7.60	1:06:22	8:43	10	17:03	59	22:39	98.36	13:38:57	8:19	16	4:22:17	121	4:38:45			
VP17 - Karolinenl	4.91	35:55	7:18	4	5:43	23	7:28	103.27	14:14:52	8:16	16	4:28:00	112	4:43:17			
VP18 - Falkensee	6.60	1:02:00	9:23	16	21:51	99	23:38	109.87	15:16:52	8:20	16	4:46:16	109	5:05:57			
VP19 - Schönwal	5.95	52:49	8:52	10	11:19	60	17:33	115.82	16:09:41	8:22	15	4:56:16	104	5:23:30			
VP20 - Grenzturn	7.60	1:00:28	7:57	7	7:12	27	17:17	123.42	17:10:09	8:20	12	5:03:28	93	5:40:47			
VP21 - Ruderclub	4.78	1:02:18	13:02	16	29:20	124	35:03	128.20	18:12:27	8:31	13	5:27:28	93	6:15:50			
VP22 - Frohnau	4.07	34:25	8:27	7	7:22	31	9:56	132.27	18:46:52	8:31	12	5:34:50	89	6:25:40			
VP23 - Naturschu	6.61	57:23	8:40	4	16:48	32	17:44	138.88	19:44:15	8:31	11	5:51:38	84	6:41:57			
VP24 - Oranienbu	4.98	48:36	9:45	11	18:50	55	18:50	143.86	20:32:51	8:34	11	6:10:28	79	6:59:52			
VP25 - Laufftreff l	5.34	50:33	9:27	8	16:54	53	20:36	149.20	21:23:24	8:36	10	6:27:22	77	7:17:35			
VP26 - Wilhelmsr	5.72	46:48	8:10	7	14:40	59	14:40	154.92	22:10:12	8:35	10	6:42:02	74	7:31:45			
VP27 - Wollankst	3.02	29:15	9:41	7	6:51	56	19:40	157.94	22:39:27	8:36	10	6:48:53	73	15:08:18			
Friedrich-Ludwig	3.96	31:44	8:00	8	9:37	69	11:19	161.90	23:11:11	8:35	10	6:58:30	68	7:50:23			