



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Müller, Frank

Club: Adler-Langlauf Bottrop

Number: 32

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 23:21:51

Speed: 6.89 km/h

Running performance: 8:40 min/km

Rank in course/Total: 92 (of 319)

Rank in course/Men: 77 (of 257)

Best time in course: 15:20:48

Rank in category: 10(of 32)

Best time in the category: 16:39:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Brandenbu	7.30	51:02	6:59	20	11:21	170	17:45	7.30	51:02	6:59	20	11:21	170	17:45
VP2 - East Side C	6.46	47:07	7:17	18	12:49	170	17:01	13.76	1:38:09	7:07	19	24:10	171	34:31
VP3 - Dammweg	5.90	40:01	6:46	12	7:41	117	12:26	19.66	2:18:10	7:01	16	31:51	151	45:29
VP4 - Johannisth	5.64	38:44	6:52	13	8:44	110	12:09	25.30	2:56:54	6:59	15	40:35	135	57:38
VP5 - U-Bahnhof	5.90	41:59	7:06	12	10:14	109	13:05	31.20	3:38:53	7:00	15	50:49	132	1:10:21
VP6 - Buckow	4.92	34:29	7:00	11	6:50	91	9:51	36.12	4:13:22	7:00	15	57:07	124	1:20:12
VP7 - Kirchhainer	6.17	42:47	6:56	8	9:12	70	11:43	42.29	4:56:09	7:00	13	1:04:37	114	1:31:55
VP8 - Lichtenradi	4.37	32:32	7:26	13	8:52	121	10:27	46.66	5:28:41	7:02	14	1:13:29	117	1:42:22
VP9 - Osdorfer St	5.71	38:55	6:48	8	8:27	72	9:23	52.37	6:07:36	7:01	13	1:21:47	110	1:51:45
VP10 - Sportplatz	6.50	1:04:54	9:59	14	28:34	127	30:04	58.87	7:12:30	7:20	13	1:45:27	105	2:21:49
VP11 - Königsw	6.22	47:49	7:41	8	10:37	56	13:39	65.09	8:00:19	7:22	12	1:56:04	105	2:28:06
VP12 - Gedenkst	6.85	58:43	8:34	14	17:51	100	20:20	71.94	8:59:02	7:29	12	2:13:55	102	2:44:17
VP13 - Brauhaus	6.88	1:01:19	8:54	11	19:52	96	22:39	78.82	10:00:21	7:37	12	2:33:47	101	3:01:56
VP14 - Revierförs	5.70	49:47	8:44	11	15:21	75	17:43	84.52	10:50:08	7:41	12	2:49:08	97	3:17:23
VP15 - Schloss S	6.24	55:39	8:55	6	15:46	45	19:08	90.76	11:45:47	7:46	11	3:04:54	84	3:33:48
VP16 - Pagel & Fi	7.60	1:12:54	9:35	11	25:24	110	29:11	98.36	12:58:41	7:55	11	3:30:18	85	3:58:29
VP17 - Karolinenl	4.91	40:34	8:15	7	9:04	52	12:07	103.27	13:39:15	7:55	11	3:39:22	82	4:07:40
VP18 - Falkensee	6.60	47:58	7:16	2	5:16	16	9:36	109.87	14:27:13	7:53	11	3:44:38	76	4:16:18
VP19 - Schönwal	5.95	55:00	9:14	11	15:13	69	19:44	115.82	15:22:13	7:57	11	3:59:51	73	4:36:02
VP20 - Grenzturn	7.60	1:21:38	10:44	15	29:52	122	38:27	123.42	16:43:51	8:08	11	4:29:43	77	5:14:29
VP21 - Ruderclub	4.78	54:06	11:19	9	20:49	85	26:51	128.20	17:37:57	8:15	11	4:50:32	79	5:41:20
VP22 - Frohnau	4.07	47:22	11:38	16	18:57	145	22:53	132.27	18:25:19	8:21	11	5:09:29	83	6:04:07
VP23 - Naturschu	6.61	1:11:24	10:48	13	27:39	100	31:45	138.88	19:36:43	8:28	11	5:37:08	78	6:34:25
VP24 - Oranienbu	4.98	58:46	11:48	15	24:24	130	29:00	143.86	20:35:29	8:35	11	6:01:32	82	7:02:30
VP25 - Laufftreff l	5.34	43:06	8:04	3	4:43	20	13:09	149.20	21:18:35	8:34	11	6:06:15	74	7:12:46
VP26 - Wilhelmsr	5.72	56:53	9:56	11	21:24	115	24:45	154.92	22:15:28	8:37	11	6:27:39	79	7:37:01
VP27 - Wollankst	3.02	31:21	10:22	8	6:30	71	21:46	157.94	22:46:49	8:39	10	6:34:09	80	15:15:40
Friedrich-Ludwig	3.96	35:02	8:50	7	8:21	91	14:37	161.90	23:21:51	8:39	10	6:42:30	77	8:01:03