



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Vossbeck, Ralf**

Club: Velbert  
Number: 121

Course: 161.90 km  
100MeilenBerlin

Category:  
Senioren M55 (55-59 Jahre)

Total time: 23:32:58

Speed: 6.84 km/h  
Running performance: 8:44 min/km

Rank in course/Total: 100 (of 319)

Rank in course/Men: 84 (of 257)

Best time in course: 15:20:48

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Brandenbu	7.30	46:20	6:20	9	6:39	83	13:03	7.30	46:20	6:20	9	6:39	83	13:03
VP2 - East Side C	6.46	40:35	6:16	8	6:17	59	10:29	13.76	1:26:55	6:18	9	12:56	81	23:17
VP3 - Dammweg	5.90	39:14	6:38	9	6:54	99	11:39	19.66	2:06:09	6:24	9	19:50	87	33:28
VP4 - Johannisth	5.64	36:21	6:26	7	6:21	75	9:46	25.30	2:42:30	6:25	8	26:11	84	43:14
VP5 - U-Bahnhof	5.90	38:55	6:35	7	7:10	69	10:01	31.20	3:21:25	6:27	7	33:21	78	52:53
VP6 - Buckow	4.92	33:53	6:53	9	6:14	82	9:15	36.12	3:55:18	6:30	7	39:03	76	1:02:08
VP7 - Kirchhainer	6.17	43:17	7:00	9	9:42	76	12:13	42.29	4:38:35	6:35	7	47:03	74	1:14:21
VP8 - Lichtenradi	4.37	30:07	6:53	7	6:27	69	8:02	46.66	5:08:42	6:36	7	53:30	74	1:22:23
VP9 - Osdorfer St	5.71	40:34	7:06	13	10:06	99	11:02	52.37	5:49:16	6:40	8	1:03:27	78	1:33:25
VP10 - Sportplatz	6.50	52:27	8:04	7	16:07	70	17:37	58.87	6:41:43	6:49	7	1:14:40	72	1:51:02
VP11 - Königsw	6.22	49:23	7:56	9	12:11	73	15:13	65.09	7:31:06	6:55	7	1:26:51	70	1:58:53
VP12 - Gedenkst	6.85	58:23	8:31	13	17:31	94	20:00	71.94	8:29:29	7:04	7	1:44:22	71	2:14:44
VP13 - Brauhaus	6.88	54:27	7:54	7	13:00	48	15:47	78.82	9:23:56	7:09	8	1:57:22	69	2:25:31
VP14 - Revierförs	5.70	47:11	8:16	7	12:45	53	15:07	84.52	10:11:07	7:13	8	2:10:07	71	2:38:22
VP15 - Schloss S	6.24	1:00:56	9:45	9	21:03	71	24:25	90.76	11:12:03	7:24	8	2:31:10	68	3:00:04
VP16 - Pagel & Fi	7.60	1:06:42	8:46	6	19:12	62	22:59	98.36	12:18:45	7:30	8	2:50:22	62	3:18:33
VP17 - Karolinenl	4.91	38:18	7:48	5	6:48	35	9:51	103.27	12:57:03	7:31	8	2:57:10	60	3:25:28
VP18 - Falkensee	6.60	52:07	7:53	5	9:25	36	13:45	109.87	13:49:10	7:32	7	3:06:35	55	3:38:15
VP19 - Schönwal	5.95	52:11	8:46	8	12:24	54	16:55	115.82	14:41:21	7:36	8	3:18:59	55	3:55:10
VP20 - Grenzturn	7.60	1:08:20	8:59	5	16:34	57	25:09	123.42	15:49:41	7:41	8	3:35:33	51	4:20:19
VP21 - Ruderclub	4.78	1:00:47	12:42	12	27:30	117	33:32	128.20	16:50:28	7:52	9	4:03:03	54	4:53:51
VP22 - Frohnau	4.07	36:10	8:53	5	7:45	44	11:41	132.27	17:26:38	7:54	8	4:10:48	52	5:05:26
VP23 - Naturschu	6.61	1:13:52	11:10	15	30:07	111	34:13	138.88	18:40:30	8:04	9	4:40:55	54	5:38:12
VP24 - Oranienbu	4.98	1:02:50	12:37	17	28:28	157	33:04	143.86	19:43:20	8:13	9	5:09:23	60	6:10:21
VP25 - Laufftreff l	5.34	1:16:05	14:14	22	37:42	189	46:08	149.20	20:59:25	8:26	9	5:47:05	69	6:53:36
VP26 - Wilhelmsr	5.72	1:03:58	11:10	18	28:29	161	31:50	154.92	22:03:23	8:32	10	6:15:34	72	7:24:56
VP27 - Wollankst	3.02	44:30	14:44	20	19:39	176	34:55	157.94	22:47:53	8:39	11	6:35:13	81	15:16:44
Friedrich-Ludwig	3.96	45:05	11:23	19	18:24	171	24:40	161.90	23:32:58	8:43	11	6:53:37	84	8:12:10