



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Krauss, Roland**

Club: Laufftreff KA-BA

Number: 160

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 23:33:42

Speed: 6.83 km/h

Running performance: 8:44 min/km

Rank in course/Total: 101 (of 319)

Rank in course/Men: 85 (of 257)

Best time in course: 15:20:48

Rank in category: 15(of 50)

Best time in the category: 15:44:00

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	37:11	5:05	2	0:10	7	3:54	7.30	37:11	5:05	2	0:10	7	3:54
VP2 - East Side C	6.46	35:00	5:25	2	2:40	14	4:54	13.76	1:12:11	5:14	2	2:50	7	8:33
VP3 - Dammweg	5.90	33:40	5:42	6	3:37	30	6:05	19.66	1:45:51	5:23	2	6:27	8	13:10
VP4 - Johannisth	5.64	32:54	5:49	7	4:09	32	6:19	25.30	2:18:45	5:29	2	10:36	15	19:29
VP5 - U-Bahnhof	5.90	34:58	5:55	4	3:57	27	6:04	31.20	2:53:43	5:34	2	14:33	16	25:11
VP6 - Buckow	4.92	29:45	6:02	3	3:10	25	5:07	36.12	3:23:28	5:37	2	17:39	16	30:18
VP7 - Kirchhainer	6.17	36:51	5:58	3	2:11	21	5:47	42.29	4:00:19	5:40	3	19:45	16	36:05
VP8 - Lichtenradi	4.37	26:26	6:02	6	2:13	28	4:21	46.66	4:26:45	5:43	3	21:00	17	40:26
VP9 - Osdorfer St	5.71	33:25	5:51	4	2:48	21	3:53	52.37	5:00:10	5:43	3	16:36	17	44:19
VP10 - Sportplatz	6.50	53:46	8:16	14	17:13	72	18:56	58.87	5:53:56	6:00	4	22:25	22	1:03:15
VP11 - Königsw	6.22	39:26	6:20	2	0:55	13	5:16	65.09	6:33:22	6:02	3	23:12	18	1:01:09
VP12 - Gedenkst	6.85	48:21	7:03	7	9:58	26	9:58	71.94	7:21:43	6:08	4	33:10	18	1:06:58
VP13 - Brauhaus	6.88	50:35	7:21	7	11:55	28	11:55	78.82	8:12:18	6:14	4	45:05	20	1:13:53
VP14 - Revierförs	5.70	44:32	7:48	7	12:28	33	12:28	84.52	8:56:50	6:21	4	57:33	21	1:24:05
VP15 - Schloss S	6.24	1:15:59	12:10	30	37:27	141	39:28	90.76	10:12:49	6:45	7	1:35:00	27	2:00:50
VP16 - Pagel & Fi	7.60	1:02:05	8:10	12	18:22	39	18:22	98.36	11:14:54	6:51	8	1:53:22	28	2:14:42
VP17 - Karolinenl	4.91	48:04	9:47	27	19:37	120	19:37	103.27	12:02:58	7:00	8	2:12:59	29	2:31:23
VP18 - Falkensee	6.60	1:32:38	14:02	44	54:16	201	54:16	109.87	13:35:36	7:25	9	3:07:15	47	3:24:41
VP19 - Schönwal	5.95	53:10	8:56	13	17:32	63	17:54	115.82	14:28:46	7:30	9	3:24:47	45	3:42:35
VP20 - Grenzturn	7.60	1:23:10	10:56	29	37:55	131	39:59	123.42	15:51:56	7:42	10	4:02:42	54	4:22:34
VP21 - Ruderclub	4.78	1:43:45	21:42	41	1:13:19	194	1:16:30	128.20	17:35:41	8:14	14	5:16:01	77	5:39:04
VP22 - Frohnau	4.07	37:48	9:17	11	13:19	58	13:19	132.27	18:13:29	8:16	14	5:29:20	75	5:52:17
VP23 - Naturschu	6.61	1:16:32	11:34	28	36:53	121	36:53	138.88	19:30:01	8:25	13	6:06:13	76	6:27:43
VP24 - Oranienbu	4.98	1:19:45	16:00	43	47:58	197	49:59	143.86	20:49:46	8:41	17	6:54:11	91	7:16:47
VP25 - Laufftreff l	5.34	55:42	10:25	21	23:50	90	25:45	149.20	21:45:28	8:44	16	7:18:01	90	7:39:39
VP26 - Wilhelmsr	5.72	48:02	8:23	12	12:36	66	15:54	154.92	22:33:30	8:44	16	7:30:37	90	7:55:03
VP27 - Wollankst	3.02	33:01	10:55	18	13:48	88	23:26	157.94	23:06:31	8:46	16	7:44:25	93	15:35:22
Friedrich-Ludwig	3.96	27:11	6:51	8	5:17	33	6:46	161.90	23:33:42	8:43	15	7:49:42	85	8:12:54