



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Winkler, Ingolf

Club: www.kilometersammler.de

Number: 76

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:49:42

Speed: 6.76 km/h

Running performance: 8:50 min/km

Rank in course/Total: 117 (of 319)

Rank in course/Men: 97 (of 257)

Best time in course: 15:20:48

Rank in category: 12(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	48:53	6:41	17	9:16	126	15:36	7.30	48:53	6:41	17	9:16	126	15:36
VP2 - East Side G	6.46	46:57	7:16	21	12:39	166	16:51	13.76	1:35:50	6:57	21	21:50	147	32:12
VP3 - Dammweg	5.90	41:05	6:57	19	10:06	139	13:30	19.66	2:16:55	6:57	20	31:55	142	44:14
VP4 - Johannisth	5.64	36:17	6:25	10	7:21	72	9:42	25.30	2:53:12	6:50	18	39:16	126	53:56
VP5 - U-Bahnhof	5.90	39:15	6:39	11	8:39	76	10:21	31.20	3:32:27	6:48	16	47:55	113	1:03:55
VP6 - Buckow	4.92	33:58	6:54	13	7:44	84	9:20	36.12	4:06:25	6:49	15	55:39	105	1:13:15
VP7 - Kirchhainer	6.17	42:52	6:56	11	10:00	72	11:48	42.29	4:49:17	6:50	15	1:05:39	99	1:25:03
VP8 - Lichtenradi	4.37	30:38	7:00	11	7:25	82	8:33	46.66	5:19:55	6:51	15	1:13:04	98	1:33:36
VP9 - Osdorfer St	5.71	37:14	6:31	6	6:34	50	7:42	52.37	5:57:09	6:49	14	1:19:38	95	1:41:18
VP10 - Sportplatz	6.50	1:06:55	10:17	18	29:39	140	32:05	58.87	7:04:04	7:12	14	1:49:17	97	2:13:23
VP11 - Königsw	6.22	45:04	7:14	5	10:54	33	10:54	65.09	7:49:08	7:12	14	2:00:11	90	2:16:55
VP12 - Gedenkst	6.85	55:34	8:06	12	16:10	78	17:11	71.94	8:44:42	7:17	13	2:16:21	85	2:29:57
VP13 - Brauhaus	6.88	1:00:51	8:50	15	22:04	93	22:11	78.82	9:45:33	7:25	13	2:38:25	83	2:47:08
VP14 - Revierförs	5.70	53:09	9:19	16	19:20	118	21:05	84.52	10:38:42	7:33	14	2:57:45	83	3:05:57
VP15 - Schloss S	6.24	1:21:14	13:01	16	44:43	157	44:43	90.76	11:59:56	7:55	14	3:42:28	97	3:47:57
VP16 - Pagel & Fi	7.60	1:18:12	10:17	18	32:35	142	34:29	98.36	13:18:08	8:06	15	4:15:03	106	4:17:56
VP17 - Karolinenl	4.91	46:47	9:31	11	18:17	108	18:20	103.27	14:04:55	8:10	14	4:33:20	104	4:33:20
VP18 - Falkensee	6.60	1:05:22	9:54	16	26:02	120	27:00	109.87	15:10:17	8:17	13	4:59:22	106	4:59:22
VP19 - Schönwal	5.95	59:23	9:58	10	24:07	91	24:07	115.82	16:09:40	8:22	13	5:23:29	103	5:23:29
VP20 - Grenzturn	7.60	1:18:07	10:16	14	34:56	104	34:56	123.42	17:27:47	8:29	14	5:58:25	108	5:58:25
VP21 - Ruderclub	4.78	1:06:59	14:00	16	39:44	148	39:44	128.20	18:34:46	8:41	14	6:38:09	111	6:38:09
VP22 - Frohnau	4.07	46:26	11:24	16	21:51	139	21:57	132.27	19:21:12	8:46	14	7:00:00	112	7:00:00
VP23 - Naturschu	6.61	1:05:38	9:55	7	24:32	77	25:59	138.88	20:26:50	8:50	13	7:24:32	110	7:24:32
VP24 - Oranienbu	4.98	51:35	10:21	9	20:54	74	21:49	143.86	21:18:25	8:53	13	7:45:26	106	7:45:26
VP25 - Laufftreff l	5.34	56:27	10:34	11	23:37	96	26:30	149.20	22:14:52	8:56	13	8:09:03	103	8:09:03
VP26 - Wilhelmsr	5.72	46:06	8:03	5	13:28	46	13:58	154.92	23:00:58	8:54	12	8:22:31	100	8:22:31
VP27 - Wollankst	3.02	23:34	7:48	4	2:56	21	13:59	157.94	23:24:32	8:53	12	8:25:27	98	15:53:23
Friedrich-Ludwig	3.96	25:10	6:21	3	3:27	20	4:45	161.90	23:49:42	8:49	12	8:28:54	97	8:28:54