



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Giese, Kay

Club: Post SV Buxtehude

Number: 8

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 24:21:02

Speed: 6.61 km/h

Running performance: 9:01 min/km

Rank in course/Total: 122 (of 319)

Rank in course/Men: 101 (of 257)

Best time in course: 15:20:48

Rank in category: 29(of 59)

Best time in the category: 17:12:46

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	39:50	5:27	5	4:59	14	6:33	7.30	39:50	5:27	5	4:59	14	6:33
VP2 - East Side C	6.46	38:56	6:01	15	8:50	48	8:50	13.76	1:18:46	5:43	5	13:42	21	15:08
VP3 - Dammweg	5.90	36:32	6:11	17	8:57	59	8:57	19.66	1:55:18	5:51	11	22:37	43	22:37
VP4 - Johannisth	5.64	35:55	6:22	18	9:20	66	9:20	25.30	2:31:13	5:58	13	31:57	48	31:57
VP5 - U-Bahnhof	5.90	39:05	6:37	22	10:11	72	10:11	31.20	3:10:18	6:05	15	41:46	50	41:46
VP6 - Buckow	4.92	34:51	7:05	24	10:13	95	10:13	36.12	3:45:09	6:14	17	51:59	55	51:59
VP7 - Kirchhainer	6.17	54:03	8:45	47	22:59	196	22:59	42.29	4:39:12	6:36	21	1:14:58	75	1:14:58
VP8 - Lichtenradi	4.37	29:38	6:46	20	7:33	65	7:33	46.66	5:08:50	6:37	21	1:22:31	75	1:22:31
VP9 - Osdorfer St	5.71	46:23	8:07	45	16:51	180	16:51	52.37	5:55:13	6:46	25	1:39:22	87	1:39:22
VP10 - Sportplatz	6.50	57:38	8:52	30	22:48	95	22:48	58.87	6:52:51	7:00	24	2:02:10	82	2:02:10
VP11 - Königsw	6.22	1:05:00	10:27	46	29:55	204	30:50	65.09	7:57:51	7:20	28	2:25:38	100	2:25:38
VP12 - Gedenkst	6.85	1:08:33	10:00	40	28:00	175	30:10	71.94	9:06:24	7:35	33	2:51:39	109	2:51:39
VP13 - Brauhaus	6.88	1:11:46	10:25	41	29:17	175	33:06	78.82	10:18:10	7:50	34	3:19:45	118	3:19:45
VP14 - Revierförs	5.70	55:41	9:46	37	21:21	147	23:37	84.52	11:13:51	7:58	32	3:41:06	118	3:41:06
VP15 - Schloss S	6.24	1:08:51	11:02	31	29:37	107	32:20	90.76	12:22:42	8:10	34	4:10:43	118	4:10:43
VP16 - Pagel & Fi	7.60	1:14:40	9:49	35	26:27	121	30:57	98.36	13:37:22	8:18	34	4:37:10	119	4:37:10
VP17 - Karolinenl	4.91	43:11	8:47	20	11:30	73	14:44	103.27	14:20:33	8:19	33	4:47:24	114	4:48:58
VP18 - Falkensee	6.60	1:10:18	10:39	35	27:47	148	31:56	109.87	15:30:51	8:28	33	5:10:53	120	5:19:56
VP19 - Schönwal	5.95	1:08:49	11:33	36	30:38	145	33:33	115.82	16:39:40	8:37	34	5:37:43	124	5:53:29
VP20 - Grenzturn	7.60	1:28:04	11:35	39	41:03	145	44:53	123.42	18:07:44	8:48	34	6:09:52	124	6:38:22
VP21 - Ruderclub	4.78	55:03	11:31	27	22:33	94	27:48	128.20	19:02:47	8:54	34	6:26:32	122	7:06:10
VP22 - Frohnau	4.07	44:35	10:57	32	17:26	123	20:06	132.27	19:47:22	8:58	34	6:42:46	121	7:26:10
VP23 - Naturschu	6.61	1:07:07	10:09	26	20:22	82	27:28	138.88	20:54:29	9:01	34	7:01:14	119	7:52:11
VP24 - Oranienbu	4.98	49:56	10:01	21	17:35	63	20:10	143.86	21:44:25	9:04	33	7:10:41	116	8:11:26
VP25 - Laufftreff l	5.34	43:42	8:11	7	13:45	24	13:45	149.20	22:28:07	9:02	31	7:03:48	106	8:22:18
VP26 - Wilhelmsr	5.72	46:24	8:06	19	12:52	52	14:16	154.92	23:14:31	9:00	29	6:58:37	103	8:36:04
VP27 - Wollankst	3.02	30:38	10:08	20	12:16	67	21:03	157.94	23:45:09	9:01	29	6:57:54	101	16:14:00
Friedrich-Ludwig	3.96	35:53	9:03	23	15:28	98	15:28	161.90	24:21:02	9:01	29	7:08:16	101	9:00:14