



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Flick, Markus

Club: SF Ennepetal

Number: 216

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 24:43:44

Speed: 6.51 km/h

Running performance: 9:10 min/km

Rank in course/Total: 129 (of 319)

Rank in course/Men: 107 (of 257)

Best time in course: 15:20:48

Rank in category: 31(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	44:37	6:06	18	9:46	61	11:20	7.30	44:37	6:06	18	9:46	61	11:20
VP2 - East Side C	6.46	42:10	6:31	25	12:04	92	12:04	13.76	1:26:47	6:18	20	21:43	77	23:09
VP3 - Dammweg	5.90	37:04	6:16	20	9:29	69	9:29	19.66	2:03:51	6:17	19	31:10	73	31:10
VP4 - Johannisth	5.64	37:18	6:36	25	10:43	88	10:43	25.30	2:41:09	6:22	20	41:53	78	41:53
VP5 - U-Bahnhof	5.90	39:16	6:39	24	10:22	77	10:22	31.20	3:20:25	6:25	19	51:53	71	51:53
VP6 - Buckow	4.92	33:13	6:45	21	8:35	71	8:35	36.12	3:53:38	6:28	20	1:00:28	71	1:00:28
VP7 - Kirchhainer	6.17	42:49	6:56	20	11:45	71	11:45	42.29	4:36:27	6:32	19	1:12:13	70	1:12:13
VP8 - Lichtenradi	4.37	31:57	7:18	32	9:52	111	9:52	46.66	5:08:24	6:36	20	1:22:05	70	1:22:05
VP9 - Osdorfer St	5.71	40:12	7:02	25	10:40	92	10:40	52.37	5:48:36	6:39	21	1:32:45	73	1:32:45
VP10 - Sportplatz	6.50	48:43	7:29	14	13:53	48	13:53	58.87	6:37:19	6:44	20	1:46:38	68	1:46:38
VP11 - Königsw	6.22	51:32	8:17	28	16:27	98	17:22	65.09	7:28:51	6:53	21	1:56:38	66	1:56:38
VP12 - Gedenkst	6.85	59:15	8:38	28	18:42	106	20:52	71.94	8:28:06	7:03	22	2:13:21	68	2:13:21
VP13 - Brauhaus	6.88	55:12	8:01	15	12:43	54	16:32	78.82	9:23:18	7:08	21	2:24:53	66	2:24:53
VP14 - Revierförs	5.70	43:36	7:38	12	9:16	31	11:32	84.52	10:06:54	7:10	20	2:34:09	64	2:34:09
VP15 - Schloss S	6.24	59:42	9:34	22	20:28	65	23:11	90.76	11:06:36	7:20	19	2:54:37	61	2:54:37
VP16 - Pagel & Fi	7.60	1:19:44	10:29	39	31:31	151	36:01	98.36	12:26:20	7:35	20	3:26:08	65	3:26:08
VP17 - Karolinenl	4.91	48:54	9:57	32	17:13	127	20:27	103.27	13:15:14	7:42	20	3:42:05	66	3:43:39
VP18 - Falkensee	6.60	53:55	8:10	17	11:24	47	15:33	109.87	14:09:09	7:43	19	3:49:11	62	3:58:14
VP19 - Schönwal	5.95	1:01:48	10:23	30	23:37	107	26:32	115.82	15:10:57	7:51	21	4:09:00	67	4:24:46
VP20 - Grenzturn	7.60	1:13:52	9:43	23	26:51	81	30:41	123.42	16:24:49	7:58	21	4:26:57	68	4:55:27
VP21 - Ruderclub	4.78	45:51	9:35	13	13:21	43	18:36	128.20	17:10:40	8:02	20	4:34:25	63	5:14:03
VP22 - Frohnau	4.07	49:41	12:12	39	22:32	160	25:12	132.27	18:00:21	8:10	21	4:55:45	66	5:39:09
VP23 - Naturschu	6.61	1:28:13	13:20	42	41:28	172	48:34	138.88	19:28:34	8:24	25	5:35:19	75	6:26:16
VP24 - Oranienbu	4.98	1:01:56	12:26	37	29:35	150	32:10	143.86	20:30:30	8:33	25	5:56:46	77	6:57:31
VP25 - Laufftreff l	5.34	1:27:29	16:22	42	57:32	196	57:32	149.20	21:57:59	8:50	28	6:33:40	96	7:52:10
VP26 - Wilhelmsr	5.72	1:18:37	13:44	41	45:05	195	46:29	154.92	23:16:36	9:00	30	7:00:42	104	8:38:09
VP27 - Wollankst	3.02	42:02	13:55	38	23:40	164	32:27	157.94	23:58:38	9:06	30	7:11:23	105	16:27:29
Friedrich-Ludwig	3.96	45:06	11:23	37	24:41	172	24:41	161.90	24:43:44	9:09	31	7:30:58	107	9:22:56