



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Kokonowski, Daniel**

Club: Kommando Heer, Bundeswehr

Number: 179

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 24:45:52

Speed: 6.50 km/h

Running performance: 9:11 min/km

Rank in course/Total: 130 (of 319)

Rank in course/Men: 108 (of 257)

Best time in course: 15:20:48

Rank in category: 16(of 34)

Best time in the category: 16:12:41

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	50:35	6:55	19	17:18	149	17:18	7.30	50:35	6:55	19	17:18	149	17:18
VP2 - East Side C	6.46	47:37	7:22	22	17:16	177	17:31	13.76	1:38:12	7:08	22	34:34	172	34:34
VP3 - Dammweg	5.90	43:43	7:24	22	13:48	188	16:08	19.66	2:21:55	7:13	22	48:22	180	49:14
VP4 - Johannisth	5.64	47:47	8:28	27	19:37	215	21:12	25.30	3:09:42	7:29	23	1:07:13	189	1:10:26
VP5 - U-Bahnhof	5.90	44:18	7:30	21	13:39	152	15:24	31.20	3:54:00	7:29	23	1:18:54	185	1:25:28
VP6 - Buckow	4.92	40:24	8:12	23	14:31	172	15:46	36.12	4:34:24	7:35	22	1:31:54	180	1:41:14
VP7 - Kirchhainer	6.17	53:12	8:37	24	20:23	186	22:08	42.29	5:27:36	7:44	23	1:49:12	182	2:03:22
VP8 - Lichtenradi	4.37	33:39	7:42	18	10:45	140	11:34	46.66	6:01:15	7:44	21	1:58:52	175	2:14:56
VP9 - Osdorfer St	5.71	48:14	8:26	25	17:42	197	18:42	52.37	6:49:29	7:49	22	2:15:23	181	2:33:38
VP10 - Sportplatz	6.50	1:00:53	9:22	16	25:29	109	26:03	58.87	7:50:22	7:59	20	2:37:29	163	2:59:41
VP11 - Königsw	6.22	58:47	9:27	20	22:31	156	24:37	65.09	8:49:09	8:07	21	3:00:00	164	3:16:56
VP12 - Gedenkst	6.85	1:05:09	9:30	19	25:40	148	26:46	71.94	9:54:18	8:15	21	3:25:40	158	3:39:33
VP13 - Brauhaus	6.88	1:09:40	10:07	21	30:32	163	31:00	78.82	11:03:58	8:25	21	3:56:12	156	4:05:33
VP14 - Revierförs	5.70	55:08	9:40	18	20:11	143	23:04	84.52	11:59:06	8:30	20	4:16:23	155	4:26:21
VP15 - Schloss S	6.24	1:19:41	12:46	20	39:53	151	43:10	90.76	13:18:47	8:48	20	4:51:26	153	5:06:48
VP16 - Pagel & Fi	7.60	1:05:29	8:36	8	16:10	53	21:46	98.36	14:24:16	8:47	19	5:07:36	146	5:24:04
VP17 - Karolinenl	4.91	36:29	7:25	6	6:17	26	8:02	103.27	15:00:45	8:43	19	5:13:53	135	5:29:10
VP18 - Falkensee	6.60	50:33	7:39	8	10:24	30	12:11	109.87	15:51:18	8:39	19	5:20:42	132	5:40:23
VP19 - Schönwal	5.95	1:09:09	11:37	18	27:39	147	33:53	115.82	17:00:27	8:48	19	5:47:02	133	6:14:16
VP20 - Grenzturn	7.60	1:07:16	8:51	11	14:00	53	24:05	123.42	18:07:43	8:48	17	6:01:02	123	6:38:21
VP21 - Ruderclub	4.78	41:25	8:39	6	8:27	30	14:10	128.20	18:49:08	8:48	17	6:04:09	119	6:52:31
VP22 - Frohnau	4.07	36:45	9:01	11	9:42	46	12:16	132.27	19:25:53	8:48	16	6:13:51	116	7:04:41
VP23 - Naturschu	6.61	1:03:23	9:35	13	22:48	63	23:44	138.88	20:29:16	8:51	16	6:36:39	111	7:26:58
VP24 - Oranienbu	4.98	1:08:39	13:47	22	38:53	182	38:53	143.86	21:37:55	9:01	16	7:15:32	113	8:04:56
VP25 - Laufftreff l	5.34	1:00:06	11:15	16	26:27	126	30:09	149.20	22:38:01	9:06	15	7:41:59	108	8:32:12
VP26 - Wilhelmsr	5.72	53:53	9:25	15	21:45	94	21:45	154.92	23:31:54	9:06	15	8:03:44	107	8:53:27
VP27 - Wollankst	3.02	36:03	11:56	15	13:39	114	26:28	157.94	24:07:57	9:10	16	8:17:23	109	16:36:48
Friedrich-Ludwig	3.96	37:55	9:34	15	15:48	117	17:30	161.90	24:45:52	9:10	16	8:33:11	108	9:25:04