



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Connolly, Gary

Club: 100 Marathon Club Ireland

Number: 256

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 25:07:22

Speed: 6.41 km/h

Running performance: 9:19 min/km

Rank in course/Total: 133 (of 319)

Rank in course/Men: 110 (of 257)

Best time in course: 15:20:48

Rank in category: 21(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	44:50	6:08	15	7:49	71	11:33	7.30	44:50	6:08	15	7:49	71	11:33
VP2 - East Side C	6.46	42:08	6:31	19	9:48	90	12:02	13.76	1:26:58	6:19	18	17:37	82	23:20
VP3 - Dammweg	5.90	38:19	6:29	18	8:16	91	10:44	19.66	2:05:17	6:22	18	25:53	82	32:36
VP4 - Johannisth	5.64	35:22	6:16	12	6:37	59	8:47	25.30	2:40:39	6:20	15	32:30	73	41:23
VP5 - U-Bahnhof	5.90	38:46	6:34	11	7:45	67	9:52	31.20	3:19:25	6:23	13	40:15	68	50:53
VP6 - Buckow	4.92	33:32	6:48	16	6:57	79	8:54	36.12	3:52:57	6:26	13	47:08	69	59:47
VP7 - Kirchhainer	6.17	42:40	6:54	10	8:00	64	11:36	42.29	4:35:37	6:31	12	55:03	64	1:11:23
VP8 - Lichtenradi	4.37	30:18	6:56	13	6:05	72	8:13	46.66	5:05:55	6:33	13	1:00:10	66	1:19:36
VP9 - Osdorfer St	5.71	38:35	6:45	12	7:58	67	9:03	52.37	5:44:30	6:34	12	1:00:56	63	1:28:39
VP10 - Sportplatz	6.50	47:12	7:15	6	10:39	40	12:22	58.87	6:31:42	6:39	12	1:00:11	61	1:41:01
VP11 - Königsw	6.22	57:05	9:10	32	18:34	143	22:55	65.09	7:28:47	6:53	12	1:18:37	65	1:56:34
VP12 - Gedenkst	6.85	50:58	7:26	9	12:35	37	12:35	71.94	8:19:45	6:56	12	1:31:12	63	2:05:00
VP13 - Brauhaus	6.88	52:25	7:37	9	13:45	35	13:45	78.82	9:12:10	7:00	11	1:44:57	58	2:13:45
VP14 - Revierförs	5.70	49:22	8:39	16	17:18	72	17:18	84.52	10:01:32	7:07	11	2:02:15	57	2:28:47
VP15 - Schloss S	6.24	58:40	9:24	12	20:08	59	22:09	90.76	11:00:12	7:16	11	2:22:23	53	2:48:13
VP16 - Pagel & Fi	7.60	1:00:58	8:01	11	17:15	35	17:15	98.36	12:01:10	7:19	11	2:39:38	49	3:00:58
VP17 - Karolinenl	4.91	45:59	9:21	22	17:32	101	17:32	103.27	12:47:09	7:25	11	2:57:10	52	3:15:34
VP18 - Falkensee	6.60	56:14	8:31	12	17:52	59	17:52	109.87	13:43:23	7:29	11	3:15:02	52	3:32:28
VP19 - Schönwal	5.95	1:04:50	10:53	29	29:12	122	29:34	115.82	14:48:13	7:40	11	3:44:14	56	4:02:02
VP20 - Grenzturn	7.60	1:16:13	10:01	18	30:58	94	33:02	123.42	16:04:26	7:48	11	4:15:12	57	4:35:04
VP21 - Ruderclub	4.78	58:07	12:09	23	27:41	107	30:52	128.20	17:02:33	7:58	10	4:42:53	58	5:05:56
VP22 - Frohnau	4.07	43:41	10:43	27	19:12	114	19:12	132.27	17:46:14	8:03	10	5:02:05	58	5:25:02
VP23 - Naturschu	6.61	2:31:00	22:50	43	1:51:21	199	1:51:21	138.88	20:17:14	8:45	20	6:53:26	102	7:14:56
VP24 - Oranienbu	4.98	59:28	11:56	32	27:41	139	29:42	143.86	21:16:42	8:52	21	7:21:07	105	7:43:43
VP25 - Laufftreff l	5.34	1:23:08	15:34	42	51:16	195	53:11	149.20	22:39:50	9:06	21	8:12:23	109	8:34:01
VP26 - Wilhelmsr	5.72	1:01:15	10:42	30	25:49	141	29:07	154.92	23:41:05	9:10	21	8:38:12	109	9:02:38
VP27 - Wollankst	3.02	41:48	13:50	36	22:35	161	32:13	157.94	24:22:53	9:15	21	9:00:47	110	16:51:44
Friedrich-Ludwig	3.96	44:29	11:13	38	22:35	164	24:04	161.90	25:07:22	9:18	21	9:23:22	110	9:46:34