



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Roese, Stefan**

Club: Berlin  
Number: 135

Course: 161.90 km  
100MeilenBerlin

Category:  
Senioren M30 (30-34 Jahre)

Total time: 25:31:37

Speed: 6.31 km/h  
Running performance: 9:28 min/km

Rank in course/Total: 141 (of 319)

Rank in course/Men: 116 (of 257)

Best time in course: 15:20:48

Rank in category: 8(of 12)

Best time in the category: 20:09:54

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	46:34	6:22	6	5:39	95	13:17	7.30	46:34	6:22	6	5:39	95	13:17
VP2 - East Side C	6.46	42:38	6:35	7	7:48	106	12:32	13.76	1:29:12	6:28	6	13:27	96	25:34
VP3 - Dammweg	5.90	39:53	6:45	7	9:14	113	12:18	19.66	2:09:05	6:33	7	22:41	101	36:24
VP4 - Johannisth	5.64	40:46	7:13	7	10:36	144	14:11	25.30	2:49:51	6:42	7	33:12	115	50:35
VP5 - U-Bahnhof	5.90	42:02	7:07	7	9:16	110	13:08	31.20	3:31:53	6:47	7	42:28	110	1:03:21
VP6 - Buckow	4.92	36:16	7:22	6	8:24	119	11:38	36.12	4:08:09	6:52	7	47:21	112	1:14:59
VP7 - Kirchhainer	6.17	49:56	8:05	9	15:14	156	18:52	42.29	4:58:05	7:02	7	1:01:57	122	1:33:51
VP8 - Lichtenradi	4.37	34:04	7:47	9	8:08	149	11:59	46.66	5:32:09	7:07	7	1:10:05	121	1:45:50
VP9 - Osdorfer St	5.71	46:04	8:04	10	12:57	173	16:32	52.37	6:18:13	7:13	7	1:23:02	130	2:02:22
VP10 - Sportplatz	6.50	1:05:16	10:02	9	25:02	129	30:26	58.87	7:23:29	7:31	7	1:48:04	124	2:32:48
VP11 - Königswe	6.22	54:20	8:44	9	11:14	119	20:10	65.09	8:17:49	7:38	8	1:59:18	124	2:45:36
VP12 - Gedenkst	6.85	1:00:33	8:50	8	17:01	116	22:10	71.94	9:18:22	7:45	7	2:16:19	122	3:03:37
VP13 - Brauhaus	6.88	1:05:10	9:28	7	14:45	133	26:30	78.82	10:23:32	7:54	8	2:28:58	126	3:25:07
VP14 - Revierförs	5.70	50:28	8:51	4	7:53	85	18:24	84.52	11:14:00	7:58	8	2:36:51	119	3:41:15
VP15 - Schloss S	6.24	53:20	8:32	3	11:14	30	16:49	90.76	12:07:20	8:00	8	2:48:05	105	3:55:21
VP16 - Pagel & Fi	7.60	1:07:10	8:50	4	7:20	65	23:27	98.36	13:14:30	8:04	7	2:53:57	102	4:14:18
VP17 - Karolinenl	4.91	42:20	8:37	5	4:08	68	13:53	103.27	13:56:50	8:06	7	2:58:05	96	4:25:15
VP18 - Falkensee	6.60	1:06:46	10:06	8	27:56	128	28:24	109.87	15:03:36	8:13	7	3:11:53	100	4:52:41
VP19 - Schönwal	5.95	1:06:06	11:06	7	16:11	130	30:50	115.82	16:09:42	8:22	8	3:27:48	105	5:23:31
VP20 - Grenzturn	7.60	1:18:49	10:22	7	21:01	112	35:38	123.42	17:28:31	8:29	8	3:39:39	109	5:59:09
VP21 - Ruderclub	4.78	47:33	9:56	2	9:40	54	20:18	128.20	18:16:04	8:32	8	3:49:19	100	6:19:27
VP22 - Frohnau	4.07	40:50	10:01	5	5:32	88	16:21	132.27	18:56:54	8:35	8	3:52:31	99	6:35:42
VP23 - Naturschu	6.61	1:29:25	13:31	10	31:40	180	49:46	138.88	20:26:19	8:49	8	4:05:04	109	7:24:01
VP24 - Oranienbu	4.98	52:06	10:27	4	6:04	78	22:20	143.86	21:18:25	8:53	8	3:57:52	106	7:45:26
VP25 - Lauftreff l	5.34	1:22:00	15:21	10	45:32	193	52:03	149.20	22:40:25	9:07	8	4:03:11	110	8:34:36
VP26 - Wilhelmsr	5.72	1:17:57	13:37	10	40:30	194	45:49	154.92	23:58:22	9:17	8	4:32:38	115	9:19:55
VP27 - Wollankst	3.02	43:19	14:20	8	22:40	172	33:44	157.94	24:41:41	9:22	8	4:55:13	118	17:10:32
Friedrich-Ludwig	3.96	49:56	12:36	10	26:30	192	29:31	161.90	25:31:37	9:27	8	5:21:43	116	10:10:49