



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Steinicke, Thomas

Club: SGW05Berlin/LG Mauerweg

Number: 74

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 26:37:35

Speed: 6.08 km/h

Running performance: 9:52 min/km

Rank in course/Total: 163 (of 319)

Rank in course/Men: 134 (of 257)

Best time in course: 15:20:48

Rank in category: 15(of 32)

Best time in the category: 16:39:21

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	16	10:54	149	17:18	7.30	50:35	6:55	16	10:54	149	17:18
VP2 - East Side C	6.46	47:51	7:24	19	13:33	182	17:45	13.76	1:38:26	7:09	20	24:27	177	34:48
VP3 - Dammweg	5.90	42:06	7:08	20	9:46	154	14:31	19.66	2:20:32	7:08	20	34:13	166	47:51
VP4 - Johannisth	5.64	40:10	7:07	18	10:10	132	13:35	25.30	3:00:42	7:08	18	44:23	152	1:01:26
VP5 - U-Bahnhof	5.90	40:10	6:48	8	8:25	84	11:16	31.20	3:40:52	7:04	16	52:48	140	1:12:20
VP6 - Buckow	4.92	46:41	9:29	24	19:02	219	22:03	36.12	4:27:33	7:24	18	1:11:18	161	1:34:23
VP7 - Kirchhainer	6.17	47:54	7:45	14	14:19	135	16:50	42.29	5:15:27	7:27	17	1:23:55	156	1:51:13
VP8 - Lichtenrad	4.37	34:49	7:58	19	11:09	166	12:44	46.66	5:50:16	7:30	17	1:35:04	157	2:03:57
VP9 - Osdorfer Si	5.71	42:30	7:26	14	12:02	122	12:58	52.37	6:32:46	7:29	17	1:46:57	154	2:16:55
VP10 - Sportplat	6.50	59:55	9:13	12	23:35	103	25:05	58.87	7:32:41	7:41	17	2:05:38	139	2:42:00
VP11 - Königswe	6.22	1:12:15	11:36	24	35:03	218	38:05	65.09	8:44:56	8:03	16	2:40:41	156	3:12:43
VP12 - Gedenkst	6.85	1:20:19	11:43	25	39:27	218	41:56	71.94	10:05:15	8:24	18	3:20:08	170	3:50:30
VP13 - Brauhaus	6.88	1:04:28	9:22	14	23:01	129	25:48	78.82	11:09:43	8:29	18	3:43:09	163	4:11:18
VP14 - Revierförs	5.70	58:34	10:16	21	24:08	173	26:30	84.52	12:08:17	8:37	18	4:07:17	162	4:35:32
VP15 - Schloss S	6.24	1:01:49	9:54	11	21:56	75	25:18	90.76	13:10:06	8:42	16	4:29:13	146	4:58:07
VP16 - Pagel & F	7.60	1:35:54	12:37	24	48:24	203	52:11	98.36	14:46:00	9:00	16	5:17:37	157	5:45:48
VP17 - Karolinenl	4.91	54:56	11:11	19	23:26	169	26:29	103.27	15:40:56	9:06	16	5:41:03	152	6:09:21
VP18 - Falkensee	6.60	1:04:15	9:44	14	21:33	113	25:53	109.87	16:45:11	9:08	16	6:02:36	149	6:34:16
VP19 - Schönwal	5.95	1:30:32	15:12	21	50:45	198	55:16	115.82	18:15:43	9:27	16	6:53:21	159	7:29:32
VP20 - Grenzturn	7.60	1:20:51	10:38	14	29:05	119	37:40	123.42	19:36:34	9:31	16	7:22:26	150	8:07:12
VP21 - Ruderclub	4.78	53:44	11:14	8	20:27	82	26:29	128.20	20:30:18	9:35	16	7:42:53	144	8:33:41
VP22 - Frohnau	4.07	1:37:18	23:54	22	1:08:53	200	1:12:49	132.27	22:07:36	10:02	16	8:51:46	161	9:46:24
VP23 - Naturschu	6.61	1:04:47	9:48	8	21:02	74	25:08	138.88	23:12:23	10:01	16	9:12:48	156	10:10:05
VP24 - Oranienbu	4.98	49:15	9:53	7	14:53	61	19:29	143.86	24:01:38	10:01	16	9:27:41	148	10:28:39
VP25 - Lauftreff l	5.34	51:47	9:41	7	13:24	63	21:50	149.20	24:53:25	10:00	16	9:41:05	144	10:47:36
VP26 - Wilhelmsr	5.72	45:28	7:56	3	9:59	39	13:20	154.92	25:38:53	9:56	16	9:51:04	139	11:00:26
VP27 - Wollankst	3.02	30:07	9:58	7	5:16	63	20:32	157.94	26:09:00	9:56	16	9:56:20	138	18:37:51
Friedrich-Ludwig	3.96	28:35	7:13	2	1:54	41	8:10	161.90	26:37:35	9:52	15	9:58:14	134	11:16:47