



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Metternich, Heinz-Jürgen**

Club: LLG LAUFSPORT Kevelaer

Number: 107

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M60 (60-64 Jahre)

Total time: 26:41:10

Speed: 6.03 km/h

Running performance: 9:53 min/km

Rank in course/Total: 165 (of 319)

Rank in course/Men: 136 (of 257)

Best time in course: 15:20:48

Rank in category: 9(of 18)

Best time in the category: 21:12:53

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
VP1 - Brandenbu	7.30	44:28	6:05	2	1:43	56	11:11	7.30	44:28	6:05	2	1:43	56	11:11			
VP2 - East Side C	6.46	43:32	6:44	7	5:53	125	13:26	13.76	1:28:00	6:23	5	7:36	89	24:22			
VP3 - Dammweg	5.90	37:13	6:18	3	3:22	73	9:38	19.66	2:05:13	6:22	4	10:58	81	32:32			
VP4 - Johannisth	5.64	36:24	6:27	4	3:57	76	9:49	25.30	2:41:37	6:23	4	14:55	81	42:21			
VP5 - U-Bahnhof	5.90	38:59	6:36	3	3:47	70	10:05	31.20	3:20:36	6:25	3	17:06	75	52:04			
VP6 - Buckow	4.92	32:47	6:39	2	2:38	66	8:09	36.12	3:53:23	6:27	3	19:44	70	1:00:13			
VP7 - Kirchhainer	6.17	43:47	7:05	4	5:02	85	12:43	42.29	4:37:10	6:33	3	24:46	72	1:12:56			
VP8 - Lichtenradi	4.37	30:10	6:54	3	3:39	71	8:05	46.66	5:07:20	6:35	3	26:51	67	1:21:01			
VP9 - Osdorfer St	5.71	41:31	7:16	4	4:23	112	11:59	52.37	5:48:51	6:39	3	30:50	76	1:33:00			
VP10 - Sportplatz	6.50	1:05:12	10:01	7	22:05	128	30:22	58.87	6:54:03	7:01	3	49:23	85	2:03:22			
VP11 - Königsw	6.22	49:34	7:58	4	4:14	77	15:24	65.09	7:43:37	7:07	4	42:20	85	2:11:24			
VP12 - Gedenkst	6.85	58:02	8:28	6	8:09	91	19:39	71.94	8:41:39	7:15	4	46:53	81	2:26:54			
VP13 - Brauhaus	6.88	1:27:23	12:42	16	34:44	214	48:43	78.82	10:09:02	7:43	6	1:17:50	107	3:10:37			
VP14 - Revierförs	5.70	1:02:58	11:02	14	20:59	190	30:54	84.52	11:12:00	7:57	6	1:34:15	117	3:39:15			
VP15 - Schloss S	6.24	1:39:54	16:00	16	48:40	197	1:03:23	90.76	12:51:54	8:30	8	2:12:47	137	4:39:55			
VP16 - Pagel & Fi	7.60	1:31:49	12:04	16	28:36	196	48:06	98.36	14:23:43	8:46	9	2:38:09	145	5:23:31			
VP17 - Karolinenl	4.91	57:07	11:37	15	20:19	174	28:40	103.27	15:20:50	8:55	9	2:54:24	144	5:49:15			
VP18 - Falkensee	6.60	1:25:09	12:54	16	30:42	192	46:47	109.87	16:45:59	9:09	10	3:25:06	150	6:35:04			
VP19 - Schönwal	5.95	1:07:26	11:20	12	16:46	140	32:10	115.82	17:53:25	9:16	10	3:35:08	147	7:07:14			
VP20 - Grenzturn	7.60	1:32:19	12:08	15	29:35	160	49:08	123.42	19:25:44	9:26	11	3:56:58	146	7:56:22			
VP21 - Ruderclub	4.78	52:40	11:01	7	12:27	79	25:25	128.20	20:18:24	9:30	10	4:09:25	139	8:21:47			
VP22 - Frohnau	4.07	49:55	12:15	14	16:31	162	25:26	132.27	21:08:19	9:35	11	4:25:56	140	8:47:07			
VP23 - Naturschu	6.61	1:27:30	13:14	13	34:42	170	47:51	138.88	22:35:49	9:45	10	4:49:38	141	9:33:31			
VP24 - Oranienbu	4.98	1:00:15	12:05	13	13:21	145	30:29	143.86	23:36:04	9:50	10	5:01:49	139	10:03:05			
VP25 - Laufftreff l	5.34	57:23	10:44	8	9:54	105	27:26	149.20	24:33:27	9:52	10	5:11:43	137	10:27:38			
VP26 - Wilhelmsr	5.72	56:51	9:56	10	17:05	114	24:43	154.92	25:30:18	9:52	9	5:19:57	135	10:51:51			
VP27 - Wollankst	3.02	34:14	11:20	11	24:39	101	24:39	157.94	26:04:32	9:54	10	18:33:23	137	18:33:23			
Friedrich-Ludwig	3.96	36:38	9:15	11	7:29	106	16:13	161.90	26:41:10	9:53	9	5:28:17	136	11:20:22			