



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

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Club: münchen  
Number: 105

Course: 161.90 km  
100MeilenBerlin

Category:  
Senioren M45 (45-49 Jahre)

Total time: 28:00:37

Speed: 5.75 km/h  
Running performance: 10:23 min/km

Rank in course/Total: 195 (of 319)

Rank in course/Men: 160 (of 257)

Best time in course: 15:20:48

Rank in category: 37(of 59)

Best time in the category: 17:12:46

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	52:07	7:08	46	17:16	191	18:50	7.30	52:07	7:08	46	17:16	191	18:50
VP2 - East Side C	6.46	46:16	7:09	42	16:10	156	16:10	13.76	1:38:23	7:08	44	33:19	176	34:45
VP3 - Dammweg	5.90	42:30	7:12	41	14:55	167	14:55	19.66	2:20:53	7:09	43	48:12	173	48:12
VP4 - Johannisth	5.64	41:37	7:22	40	15:02	161	15:02	25.30	3:02:30	7:12	41	1:03:14	165	1:03:14
VP5 - U-Bahnhof	5.90	45:54	7:46	43	17:00	176	17:00	31.20	3:48:24	7:19	41	1:19:52	167	1:19:52
VP6 - Buckow	4.92	41:12	8:22	47	16:34	181	16:34	36.12	4:29:36	7:27	42	1:36:26	166	1:36:26
VP7 - Kirchhainer	6.17	54:09	8:46	48	23:05	197	23:05	42.29	5:23:45	7:39	43	1:59:31	173	1:59:31
VP8 - Lichtenradi	4.37	38:32	8:49	50	16:27	206	16:27	46.66	6:02:17	7:45	44	2:15:58	178	2:15:58
VP9 - Osdorfer St	5.71	46:45	8:11	46	17:13	184	17:13	52.37	6:49:02	7:48	45	2:33:11	179	2:33:11
VP10 - Sportplatz	6.50	1:00:55	9:22	35	26:05	110	26:05	58.87	7:49:57	7:58	43	2:59:16	162	2:59:16
VP11 - Königsw	6.22	58:33	9:24	36	23:28	154	24:23	65.09	8:48:30	8:07	42	3:16:17	162	3:16:17
VP12 - Gedenkst	6.85	1:12:01	10:30	45	31:28	193	33:38	71.94	10:00:31	8:20	42	3:45:46	165	3:45:46
VP13 - Brauhaus	6.88	1:08:17	9:55	39	25:48	157	29:37	78.82	11:08:48	8:29	40	4:10:23	161	4:10:23
VP14 - Revierförs	5.70	1:04:18	11:16	44	29:58	194	32:14	84.52	12:13:06	8:40	41	4:40:21	165	4:40:21
VP15 - Schloss S	6.24	1:20:49	12:57	38	41:35	153	44:18	90.76	13:33:55	8:58	40	5:21:56	163	5:21:56
VP16 - Pagel & Fi	7.60	1:19:21	10:26	38	31:08	150	35:38	98.36	14:53:16	9:04	40	5:53:04	160	5:53:04
VP17 - Karolinenl	4.91	58:02	11:49	41	26:21	176	29:35	103.27	15:51:18	9:12	38	6:18:09	157	6:19:43
VP18 - Falkensee	6.60	1:10:55	10:44	37	28:24	152	32:33	109.87	17:02:13	9:18	39	6:42:15	157	6:51:18
VP19 - Schönwal	5.95	1:05:47	11:03	34	27:36	129	30:31	115.82	18:08:00	9:23	38	7:06:03	155	7:21:49
VP20 - Grenzturn	7.60	1:23:04	10:55	32	36:03	130	39:53	123.42	19:31:04	9:29	36	7:33:12	147	8:01:42
VP21 - Ruderclub	4.78	59:55	12:32	30	27:25	114	32:40	128.20	20:30:59	9:36	36	7:54:44	145	8:34:22
VP22 - Frohnau	4.07	53:51	13:13	41	26:42	181	29:22	132.27	21:24:50	9:42	36	8:20:14	147	9:03:38
VP23 - Naturschu	6.61	1:21:13	12:17	39	34:28	148	41:34	138.88	22:46:03	9:50	36	8:52:48	144	9:43:45
VP24 - Oranienbu	4.98	1:06:11	13:17	40	33:50	174	36:25	143.86	23:52:14	9:57	36	9:18:30	145	10:19:15
VP25 - Laufftreff l	5.34	1:07:05	12:33	39	37:08	164	37:08	149.20	24:59:19	10:02	37	9:35:00	147	10:53:30
VP26 - Wilhelmsr	5.72	1:08:46	12:01	39	35:14	178	36:38	154.92	26:08:05	10:07	37	9:52:11	151	11:29:38
VP27 - Wollankst	3.02	1:06:25	21:59	42	48:03	198	56:50	157.94	27:14:30	10:20	37	10:27:15	161	19:43:21
Friedrich-Ludwig	3.96	46:07	11:38	39	25:42	181	25:42	161.90	28:00:37	10:22	37	10:47:51	160	12:39:49