



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Onozuka, Minoru

Club: Tokyo

Number: 1

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 16:12:41

Speed: 9.93 km/h

Running performance: 6:01 min/km

Rank in course/Total: 3 (of 319)

Rank in course/Men: 3 (of 257)

Best time in course: 15:20:48

Rank in category: 1(of 34)

Best time in the category: 16:12:41

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	39:45	5:26	3	6:28	13	6:28	7.30	39:45	5:26	3	6:28	13	6:28
VP2 - East Side G	6.46	34:16	5:18	3	3:55	8	4:10	13.76	1:14:01	5:22	3	10:23	10	10:23
VP3 - Dammweg	5.90	32:15	5:27	4	2:20	16	4:40	19.66	1:46:16	5:24	3	12:43	9	13:35
VP4 - Johannisth	5.64	28:26	5:02	2	0:16	5	1:51	25.30	2:14:42	5:19	3	12:13	8	15:26
VP5 - U-Bahnhof	5.90	30:39	5:11	1	-	5	1:45	31.20	2:45:21	5:17	3	10:15	8	16:49
VP6 - Buckow	4.92	25:53	5:15	1	-	4	1:15	36.12	3:11:14	5:17	3	8:44	8	18:04
VP7 - Kirchhainer	6.17	32:49	5:19	1	-	5	1:45	42.29	3:44:03	5:17	3	5:39	8	19:49
VP8 - Lichtenradi	4.37	22:54	5:14	1	-	2	0:49	46.66	4:06:57	5:17	3	4:34	8	20:38
VP9 - Osdorfer St	5.71	30:32	5:20	1	-	4	1:00	52.37	4:37:29	5:17	2	3:23	5	21:38
VP10 - Sportplatz	6.50	35:24	5:26	1	-	2	0:34	58.87	5:12:53	5:18	1	-	4	22:12
VP11 - Königsw	6.22	36:16	5:49	1	-	4	2:06	65.09	5:49:09	5:21	1	-	5	16:56
VP12 - Gedenkst	6.85	39:29	5:45	1	-	3	1:06	71.94	6:28:38	5:24	1	-	5	13:53
VP13 - Brauhaus	6.88	39:08	5:41	1	-	3	0:28	78.82	7:07:46	5:25	1	-	5	9:21
VP14 - Revierförs	5.70	34:57	6:07	1	-	5	2:53	84.52	7:42:43	5:28	1	-	4	9:58
VP15 - Schloss S	6.24	44:38	7:09	3	4:50	10	8:07	90.76	8:27:21	5:35	1	-	4	15:22
VP16 - Pagel & Fi	7.60	49:19	6:29	1	-	6	5:36	98.36	9:16:40	5:39	1	-	4	16:28
VP17 - Karolinenl	4.91	30:12	6:09	1	-	3	1:45	103.27	9:46:52	5:40	1	-	4	15:17
VP18 - Falkensee	6.60	43:44	6:37	2	3:35	10	5:22	109.87	10:30:36	5:44	1	-	5	19:41
VP19 - Schönwal	5.95	42:49	7:11	3	1:19	11	7:33	115.82	11:13:25	5:48	1	-	5	27:14
VP20 - Grenzturn	7.60	53:16	7:00	1	-	8	10:05	123.42	12:06:41	5:53	1	-	5	37:19
VP21 - Ruderclub	4.78	38:18	8:00	4	5:20	18	11:03	128.20	12:44:59	5:58	1	-	5	48:22
VP22 - Frohnau	4.07	27:03	6:38	1	-	3	2:34	132.27	13:12:02	5:59	1	-	4	50:50
VP23 - Naturschu	6.61	40:35	6:08	1	-	2	0:56	138.88	13:52:37	5:59	1	-	3	50:19
VP24 - Oranienbu	4.98	29:46	5:58	1	-	1	-	143.86	14:22:23	5:59	1	-	3	49:24
VP25 - Laufftreff l	5.34	33:39	6:18	1	-	4	3:42	149.20	14:56:02	6:00	1	-	3	50:13
VP26 - Wilhelmsr	5.72	32:08	5:37	1	-	1	-	154.92	15:28:10	5:59	1	-	3	49:43
VP27 - Wollankst	3.02	22:24	7:25	1	-	9	12:49	157.94	15:50:34	6:01	1	-	4	8:19:25
Friedrich-Ludwig	3.96	22:07	5:35	1	-	6	1:42	161.90	16:12:41	6:00	1	-	3	51:53