



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Dalloca, Matteo

Club: Podisti Ombriano

Number: 339

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 28:40:11

Speed: 5.62 km/h

Running performance: 10:37 min/km

Rank in course/Total: 208 (of 319)

Rank in course/Men: 168 (of 257)

Best time in course: 15:20:48

Rank in category: 19(of 31)

Best time in the category: 15:20:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Brandenbu	7.30	54:19	7:26	26	14:42	207	21:02	7.30	54:19	7:26	26	14:42	207	21:02
VP2 - East Side G	6.46	52:53	8:11	25	18:35	215	22:47	13.76	1:47:12	7:47	25	33:12	212	43:34
VP3 - Dammweg	5.90	47:44	8:05	28	16:45	218	20:09	19.66	2:34:56	7:52	27	49:56	218	1:02:15
VP4 - Johannisth	5.64	43:41	7:44	25	14:45	188	17:06	25.30	3:18:37	7:51	26	1:04:41	212	1:19:21
VP5 - U-Bahnhof	5.90	49:29	8:23	26	18:53	212	20:35	31.20	4:08:06	7:57	26	1:23:34	212	1:39:34
VP6 - Buckow	4.92	40:30	8:13	21	14:16	173	15:52	36.12	4:48:36	7:59	24	1:37:50	209	1:55:26
VP7 - Kirchhainer	6.17	54:00	8:45	26	21:08	195	22:56	42.29	5:42:36	8:06	26	1:58:58	208	2:18:22
VP8 - Lichtenradi	4.37	36:26	8:20	25	13:13	187	14:21	46.66	6:19:02	8:07	27	2:12:11	207	2:32:43
VP9 - Osdorfer St	5.71	49:15	8:37	25	18:35	203	19:43	52.37	7:08:17	8:10	26	2:30:46	207	2:52:26
VP10 - Sportplatz	6.50	1:29:58	13:50	27	52:42	216	55:08	58.87	8:38:15	8:48	27	3:23:28	214	3:47:34
VP11 - Königsw	6.22	1:01:38	9:54	22	27:28	187	27:28	65.09	9:39:53	8:54	27	3:50:56	212	4:07:40
VP12 - Gedenkst	6.85	1:12:34	10:35	23	33:10	197	34:11	71.94	10:52:27	9:04	26	4:24:06	209	4:37:42
VP13 - Brauhaus	6.88	1:20:55	11:45	26	42:08	207	42:15	78.82	12:13:22	9:18	25	5:06:14	206	5:14:57
VP14 - Revierförs	5.70	1:06:19	11:38	25	32:30	201	34:15	84.52	13:19:41	9:27	25	5:38:44	204	5:46:56
VP15 - Schloss S	6.24	1:14:34	11:56	12	38:03	134	38:03	90.76	14:34:15	9:37	24	6:16:47	200	6:22:16
VP16 - Pagel & Fi	7.60	1:32:39	12:11	24	47:02	197	48:56	98.36	16:06:54	9:49	24	7:03:49	201	7:06:42
VP17 - Karolinenl	4.91	1:00:12	12:15	23	31:42	187	31:45	103.27	17:07:06	9:56	24	7:35:31	196	7:35:31
VP18 - Falkensee	6.60	1:27:27	13:15	23	48:07	195	49:05	109.87	18:34:33	10:08	23	8:23:38	198	8:23:38
VP19 - Schönwal	5.95	1:09:43	11:43	18	34:27	151	34:27	115.82	19:44:16	10:13	23	8:58:05	194	8:58:05
VP20 - Grenzturn	7.60	1:37:15	12:47	19	54:04	173	54:04	123.42	21:21:31	10:23	23	9:52:09	190	9:52:09
VP21 - Ruderclub	4.78	58:40	12:16	12	31:25	108	31:25	128.20	22:20:11	10:27	20	10:23:34	182	10:23:34
VP22 - Frohnau	4.07	50:00	12:17	20	25:25	164	25:31	132.27	23:10:11	10:30	21	10:48:59	182	10:48:59
VP23 - Naturschu	6.61	1:13:09	11:03	12	32:03	108	33:30	138.88	24:23:20	10:32	20	11:21:02	175	11:21:02
VP24 - Oranienbu	4.98	56:13	11:17	14	25:32	112	26:27	143.86	25:19:33	10:33	19	11:46:34	173	11:46:34
VP25 - Laufftreff l	5.34	1:01:00	11:25	17	28:10	132	31:03	149.20	26:20:33	10:35	19	12:14:44	169	12:14:44
VP26 - Wilhelmsr	5.72	58:33	10:14	16	25:55	126	26:25	154.92	27:19:06	10:34	20	12:40:39	170	12:40:39
VP27 - Wollankst	3.02	39:22	13:02	17	18:44	146	29:47	157.94	27:58:28	10:37	19	12:59:23	170	20:27:19
Friedrich-Ludwig	3.96	41:43	10:32	18	20:00	144	21:18	161.90	28:40:11	10:37	19	13:19:23	168	13:19:23