



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Noa, Frank

Club: Rennsteiglaufverein

Number: 93

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 29:35:10

Speed: 5.44 km/h

Running performance: 10:58 min/km

Rank in course/Total: 238 (of 319)

Rank in course/Men: 190 (of 257)

Best time in course: 15:20:48

Rank in category: 41(of 50)

Best time in the category: 15:44:00

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	53:57	7:23	45	16:56	206	20:40	7.30	53:57	7:23	45	16:56	206	20:40
VP2 - East Side C	6.46	52:45	8:09	46	20:25	213	22:39	13.76	1:46:42	7:45	46	37:21	211	43:04
VP3 - Dammweg	5.90	47:45	8:05	45	17:42	219	20:10	19.66	2:34:27	7:51	45	55:03	216	1:01:46
VP4 - Johannisth	5.64	46:18	8:12	43	17:33	208	19:43	25.30	3:20:45	7:56	45	1:12:36	215	1:21:29
VP5 - U-Bahnhof	5.90	49:03	8:18	43	18:02	208	20:09	31.20	4:09:48	8:00	44	1:30:38	216	1:41:16
VP6 - Buckow	4.92	42:43	8:40	42	16:08	196	18:05	36.12	4:52:31	8:05	43	1:46:42	215	1:59:21
VP7 - Kirchhainer	6.17	53:46	8:42	40	19:06	192	22:42	42.29	5:46:17	8:11	43	2:05:43	213	2:22:03
VP8 - Lichtenradi	4.37	43:10	9:52	47	18:57	225	21:05	46.66	6:29:27	8:20	43	2:23:42	215	2:43:08
VP9 - Osdorfer St	5.71	45:14	7:55	34	14:37	164	15:42	52.37	7:14:41	8:18	43	2:31:07	214	2:58:50
VP10 - Sportplatz	6.50	1:04:51	9:58	24	28:18	126	30:01	58.87	8:19:32	8:29	41	2:48:01	200	3:28:51
VP11 - Königsw	6.22	1:00:54	9:47	39	22:23	178	26:44	65.09	9:20:26	8:36	41	3:10:16	194	3:48:13
VP12 - Gedenkst	6.85	1:03:32	9:16	24	25:09	136	25:09	71.94	10:23:58	8:40	40	3:35:25	186	4:09:13
VP13 - Brauhaus	6.88	1:06:33	9:40	30	27:53	141	27:53	78.82	11:30:31	8:45	38	4:03:18	176	4:32:06
VP14 - Revierförs	5.70	55:43	9:46	35	23:39	148	23:39	84.52	12:26:14	8:49	38	4:26:57	173	4:53:29
VP15 - Schloss S	6.24	1:13:34	11:47	27	35:02	130	37:03	90.76	13:39:48	9:01	36	5:01:59	166	5:27:49
VP16 - Pagel & Fi	7.60	2:06:26	16:38	44	1:22:43	213	1:22:43	98.36	15:46:14	9:37	43	6:24:42	195	6:46:02
VP17 - Karolinenl	4.91	1:16:27	15:34	44	48:00	208	48:00	103.27	17:02:41	9:54	43	7:12:42	193	7:31:06
VP18 - Falkensee	6.60	1:17:03	11:40	39	38:41	173	38:41	109.87	18:19:44	10:00	43	7:51:23	192	8:08:49
VP19 - Schönwal	5.95	1:14:26	12:30	38	38:48	168	39:10	115.82	19:34:10	10:08	41	8:30:11	192	8:47:59
VP20 - Grenzturn	7.60	1:44:40	13:46	40	59:25	189	1:01:29	123.42	21:18:50	10:21	41	9:29:36	189	9:49:28
VP21 - Ruderclub	4.78	1:05:26	13:41	30	35:00	140	38:11	128.20	22:24:16	10:29	40	10:04:36	188	10:27:39
VP22 - Frohnau	4.07	58:46	14:26	42	34:17	189	34:17	132.27	23:23:02	10:36	40	10:38:53	189	11:01:50
VP23 - Naturschu	6.61	1:26:29	13:05	36	46:50	167	46:50	138.88	24:49:31	10:43	41	11:25:43	189	11:47:13
VP24 - Oranienbu	4.98	1:02:08	12:28	37	30:21	151	32:22	143.86	25:51:39	10:47	41	11:56:04	188	12:18:40
VP25 - Laufftreff l	5.34	1:07:32	12:38	37	35:40	168	37:35	149.20	26:59:11	10:51	40	12:31:44	186	12:53:22
VP26 - Wilhelmsr	5.72	1:10:07	12:15	39	34:41	183	37:59	154.92	28:09:18	10:54	41	13:06:25	194	13:30:51
VP27 - Wollankst	3.02	42:45	14:09	37	23:32	169	33:10	157.94	28:52:03	10:57	41	13:29:57	192	21:20:54
Friedrich-Ludwig	3.96	43:07	10:53	35	21:13	157	22:42	161.90	29:35:10	10:57	41	13:51:10	190	14:14:22