



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Kaden, Matthias**

Club: Laufclub Kleinmachnow

Number: 242

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 29:44:53

Speed: 5.41 km/h

Running performance: 11:01 min/km

Rank in course/Total: 245 (of 319)

Rank in course/Men: 196 (of 257)

Best time in course: 15:20:48

Rank in category: 22(of 32)

Best time in the category: 16:39:21

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| VP1 - Brandenbu     | 7.30        | 50:53         | 6:58            | 18          | 11:12          | 163         | 17:36         | 7.30          | 50:53         | 6:58            | 18          | 11:12          | 163        | 17:36         |
| VP2 - East Side C   | 6.46        | 42:55         | 6:38            | 13          | 8:37           | 114         | 12:49         | 13.76         | 1:33:48       | 6:49            | 14          | 19:49          | 135        | 30:10         |
| VP3 - Dammweg       | 5.90        | 40:22         | 6:50            | 13          | 8:02           | 123         | 12:47         | 19.66         | 2:14:10       | 6:49            | 14          | 27:51          | 129        | 41:29         |
| VP4 - Johannisth    | 5.64        | 39:31         | 7:00            | 15          | 9:31           | 119         | 12:56         | 25.30         | 2:53:41       | 6:51            | 14          | 37:22          | 127        | 54:25         |
| VP5 - U-Bahnhof     | 5.90        | 42:21         | 7:10            | 13          | 10:36          | 116         | 13:27         | 31.20         | 3:36:02       | 6:55            | 14          | 47:58          | 127        | 1:07:30       |
| VP6 - Buckow        | 4.92        | 35:17         | 7:10            | 13          | 7:38           | 102         | 10:39         | 36.12         | 4:11:19       | 6:57            | 14          | 55:04          | 121        | 1:18:09       |
| VP7 - Kirchhainer   | 6.17        | 51:19         | 8:19            | 19          | 17:44          | 169         | 20:15         | 42.29         | 5:02:38       | 7:09            | 16          | 1:11:06        | 131        | 1:38:24       |
| VP8 - Lichtenradi   | 4.37        | 33:30         | 7:39            | 14          | 9:50           | 137         | 11:25         | 46.66         | 5:36:08       | 7:12            | 16          | 1:20:56        | 131        | 1:49:49       |
| VP9 - Osdorfer St   | 5.71        | 45:20         | 7:56            | 17          | 14:52          | 165         | 15:48         | 52.37         | 6:21:28       | 7:17            | 16          | 1:35:39        | 135        | 2:05:37       |
| VP10 - Sportplatz   | 6.50        | 1:11:04       | 10:56           | 20          | 34:44          | 160         | 36:14         | 58.87         | 7:32:32       | 7:41            | 16          | 2:05:29        | 138        | 2:41:51       |
| VP11 - Königswe     | 6.22        | 56:35         | 9:05            | 14          | 19:23          | 138         | 22:25         | 65.09         | 8:29:07       | 7:49            | 15          | 2:24:52        | 138        | 2:56:54       |
| VP12 - Gedenkst     | 6.85        | 1:07:30       | 9:51            | 17          | 26:38          | 166         | 29:07         | 71.94         | 9:36:37       | 8:00            | 15          | 2:51:30        | 140        | 3:21:52       |
| VP13 - Brauhaus     | 6.88        | 1:09:27       | 10:05           | 18          | 28:00          | 162         | 30:47         | 78.82         | 10:46:04      | 8:11            | 15          | 3:19:30        | 141        | 3:47:39       |
| VP14 - Revierförs   | 5.70        | 59:59         | 10:31           | 22          | 25:33          | 180         | 27:55         | 84.52         | 11:46:03      | 8:21            | 15          | 3:45:03        | 143        | 4:13:18       |
| VP15 - Schloss S    | 6.24        | 1:59:15       | 19:06           | 24          | 1:19:22        | 211         | 1:22:44       | 90.76         | 13:45:18      | 9:05            | 18          | 5:04:25        | 174        | 5:33:19       |
| VP16 - Pagel & Fi   | 7.60        | 1:26:11       | 11:20           | 18          | 38:41          | 175         | 42:28         | 98.36         | 15:11:29      | 9:16            | 18          | 5:43:06        | 173        | 6:11:17       |
| VP17 - Karolinenl   | 4.91        | 1:00:16       | 12:16           | 21          | 28:46          | 189         | 31:49         | 103.27        | 16:11:45      | 9:24            | 18          | 6:11:52        | 172        | 6:40:10       |
| VP18 - Falkensee    | 6.60        | 1:15:26       | 11:25           | 18          | 32:44          | 164         | 37:04         | 109.87        | 17:27:11      | 9:31            | 17          | 6:44:36        | 169        | 7:16:16       |
| VP19 - Schönwal     | 5.95        | 1:25:16       | 14:19           | 20          | 45:29          | 191         | 50:00         | 115.82        | 18:52:27      | 9:46            | 18          | 7:30:05        | 171        | 8:06:16       |
| VP20 - Grenzturn    | 7.60        | 1:45:59       | 13:56           | 22          | 54:13          | 191         | 1:02:48       | 123.42        | 20:38:26      | 10:02           | 18          | 8:24:18        | 171        | 9:09:04       |
| VP21 - Ruderclub    | 4.78        | 1:13:05       | 15:17           | 17          | 39:48          | 167         | 45:50         | 128.20        | 21:51:31      | 10:13           | 18          | 9:04:06        | 168        | 9:54:54       |
| VP22 - Frohnau      | 4.07        | 1:05:45       | 16:09           | 21          | 37:20          | 197         | 41:16         | 132.27        | 22:57:16      | 10:24           | 20          | 9:41:26        | 173        | 10:36:04      |
| VP23 - Naturschu    | 6.61        | 1:57:56       | 17:50           | 22          | 1:14:11        | 197         | 1:18:17       | 138.88        | 24:55:12      | 10:45           | 22          | 10:55:37       | 193        | 11:52:54      |
| VP24 - Oranienbu    | 4.98        | 58:25         | 11:43           | 14          | 24:03          | 129         | 28:39         | 143.86        | 25:53:37      | 10:47           | 22          | 11:19:40       | 189        | 12:20:38      |
| VP25 - Laufftreff l | 5.34        | 1:05:10       | 12:12           | 16          | 26:47          | 158         | 35:13         | 149.20        | 26:58:47      | 10:50           | 22          | 11:46:27       | 185        | 12:52:58      |
| VP26 - Wilhelmsr    | 5.72        | 1:10:31       | 12:19           | 21          | 35:02          | 185         | 38:23         | 154.92        | 28:09:18      | 10:54           | 22          | 12:21:29       | 194        | 13:30:51      |
| VP27 - Wollankst    | 3.02        | 50:10         | 16:36           | 22          | 25:19          | 194         | 40:35         | 157.94        | 28:59:28      | 11:00           | 22          | 12:46:48       | 197        | 21:28:19      |
| Friedrich-Ludwig    | 3.96        | 45:25         | 11:28           | 20          | 18:44          | 173         | 25:00         | 161.90        | 29:44:53      | 11:01           | 22          | 13:05:32       | 196        | 14:24:05      |